

Crediting Foods In the Child & Adult Care Food Program



Kentucky Department of Education
Nutrition and Health Services
Revised May 2006

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Introduction To The 2006 Edition:

This is an exciting time for all of us who work with the field of Child Nutrition. As we begin the new millennium, the science and art of food and nutrition make headlines almost daily. With the release of the Healthy People 2010 and the most current Dietary Guidelines for Americans, we can anticipate even further changes. There have been significant changes to this book in eight years. As we stated in the 1998 edition, how we apply this information to food preparation and menu planning becomes a positive challenge for all of us. The meals we now prepare are very different in some fundamental ways from those we served eight years ago. We are very pleased with your response to this material. When we asked for input, you were responsive to us, sharing both the inevitable typographical errors and in providing your suggestions for additional entries. As a result, we were able to correct at least most of the typographical errors and to add that information which is most useful to you. Several of you also have encouraged us to provide a Year 2006 update. We thank you for reading this book so carefully.

The new Year 2006 edition contains those crediting issues which you have requested or those which seem to be ongoing concerns based upon repeated questions which we have received over the years. As policy changes or as we become aware of new concerns, pages can be inserted or updated. In those cases where a page has been updated more than once we will only indicate the most current revision since each revision includes all prior changes. We also appreciate and request comments to make this handbook even more useful.

Introduction: The goal of the Child and Adult Care Food Program (CACFP) is to improve the health and nutrition of children and adults in the program, while promoting the development of good eating habits through the use of nutrition education. The Food Buying Guide for Child Nutrition Programs, (FBG), Food and Nutrition Service Program Aid Number 1331 is the principal tool with which to determine the contribution that foods make toward the meal requirements regardless of whether foods are produced on-site or are purchased commercially; this publication is currently in revision to reflect new products and technology. This handbook is a supplementary resource prepared to provide additional information on creditable foods in child and adult care centers, outside school hours care centers, and family day care homes.

The following terms are used throughout this handbook:

Creditable Foods: are those foods that may be counted toward meeting the meal pattern requirements for a reimbursable meal. Foods are determined to be creditable based upon the following factors: (1) nutrient content; (2) customary function in a meal; (3) compliance with regulations governing the Child Nutrition Programs (in quantity requirements and/or by definition); (4) compliance with FDA's Standards of Identity; (5) (if they are meat or meat products) compliance with USDA's standards for meat and meat products; and (6) compliance with administrative policy decisions on the crediting of popular foods.

Non-Creditable Foods: are those foods that do not count toward meeting meal pattern requirements because they do not meet the above criteria. Nevertheless, non-creditable foods often supply additional nutrients and calories that help meet the energy and nutritional needs of participants. For example, the service of protein (such as eggs) at breakfast is not required but it contributes additional nutrients, improves the acceptability of meals, and satisfies appetites.

USDA reimburses child and adult care centers, family day care home sponsors, at risk, after school snack programs and homeless shelters participating in the CACFP for the meals served to young children or adult enrollees, not for individual foods. A meal is reimbursable if it contains those creditable foods in the amounts outlined in the CACFP meal patterns.

The Year 2006 revision does not include guidance concerning the CACFP infant meal patterns since a revised edition of Publication Number 258 Feeding Infants has already been published. For information in the area of infant feeding, please contact your State agency (SA) or family day care home sponsoring organization or refer to Publication Number 258 - Feeding Infants.

The lists of creditable and non-creditable foods in this publication are not all-inclusive. This publication includes only those foods about which we have received inquiries or have noted as being credited incorrectly.

Definitions and/or Explanations

1 **Revised 11/99 Alternate Protein Products (APP) (replaces Vegetable Protein Products)** - are food components that may be used to substitute in part or **in full** for meat, poultry, or seafood. These products must conform with the requirements for Alternative Foods for Meals, Appendix A, 7 CFR, Part 226. These products **still do not include tofu, seitan or tempeh**. However, before using APP products and claiming the meals for reimbursement, contact the FNS Regional office and/or the State agency.

2 Child Nutrition (CN) Label The CN Label:

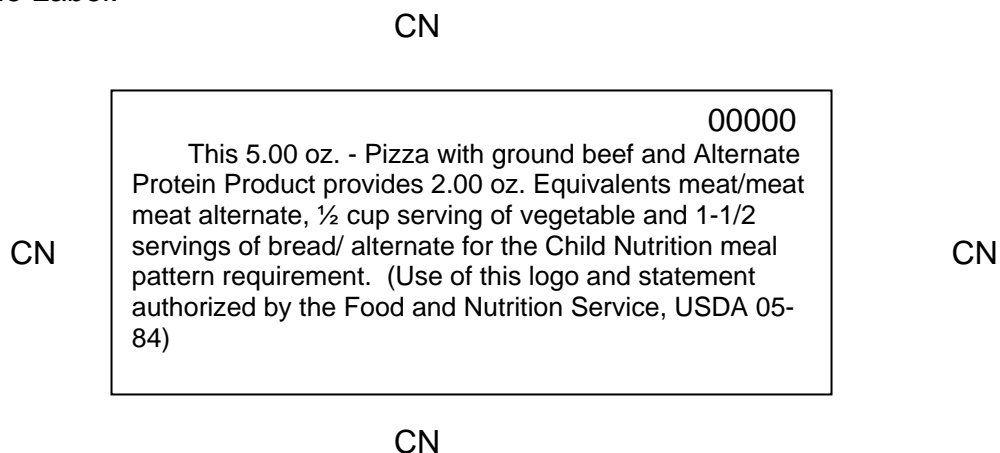
- is a voluntary Federal labeling program for the Child Nutrition programs.
- provides a warranty for CN labeled products.
- allows manufacturers to state a product's contribution to the meal pattern requirements on their labels.

How to identify a CN label:

A CN label will always contain the following information:

- the CN logo, which is a distinct border.
- the meal pattern contribution statement.
- a six digit product identification number.
- USDA/FNS authorization.
- the month and year of approval.

Sample Label:



For a detailed explanation of CN Labeling, see Food and Nutrition (FNS) Regulations for the CACFP, Part 226, Appendix C.

3 Child Nutrition Programs - Programs funded by the United States Department of Agriculture which include: the Child and Adult Care Food Program; the National School Lunch Program; the School Breakfast Program; the Special Milk Program; and the Summer Food Service Program.

4 Combination Foods - A single serving of a food item that contains two or more of the required meals components. For more information on crediting combination foods see page 52.

5 Commercial Gelatin Dessert - (powdered form or prepared) Gelatin is considered an "other food." The gelatin itself is not a creditable food item. Under certain circumstances the fruits, vegetables or juices used in gelatin products may be credited. For information regarding the crediting of fruit/vegetables and/or full strength juice/juice concentrate added to gelatin, see pages 31 and 55. Check the ingredient listings for participants who do not eat meat since some, but not all gelatins, contain animal products.

6 Component -A food grouped in a certain category according to the CACFP meal pattern. These categories are the milk, meat/meat alternate, fruit/vegetable, and the grain/bread components.

7 Fish - Self caught fish are not creditable in the CACFP. Self caught fish can be a safety hazard because of the danger of pollution and contamination.

8 Game - Venison, Squirrel, Rabbit, etc. For safety reasons, game is not creditable under the CACFP unless it is inspected and approved by the appropriate State or Federal agency.

9 Home Canned Foods - Again, for safety reasons, home canned foods are not allowed in meals reimbursed under the CACFP. Clostridium botulism is dangerous and can produce a deadly toxin in canned food. This poison can be present even when there is no evidence of spoilage.

10 Honey - A sweetener that must not be given or used in foods for infants under one year of age because it may contain botulism spores. In addition, it is very strongly recommended that corn syrup and maple syrup not be given or used in foods for infants since studies regarding their safety for this age group are still inconclusive.

11 Medical Exceptions - The FNS Instruction regarding substitutions to be made for medical or dietary reasons has been updated to **require** substitutions to the standard meal pattern for participants who are considered to be persons who are disabled under 7CFR Part 15b. It also permits substitutions for other participants who are not disabled but are unable to consume regular program meals because of medical or other special dietary needs, when supported by a statement from a

recognized medical authority. **The statement must be signed by a licensed physician if the allergy or condition is severe and life threatening.** The medical statement should specify the food or foods to be omitted from the child or adult's diet and specify a choice of foods that may be substituted. Refer to CACFP Regulations Part 226.20 (h) and to FNS Instruction 783-2, Rev. 2 (October 14, 1994). More details about this provision may be obtained from your State agency or sponsoring organization.

12 Product Specification Sheet - (sometimes called a product analysis sheet) is an information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient by weight. We strongly recommend that it contain the original signature of the company official, not that of a sales representative who may or may not have the necessary technical background.

13 Reimbursement - is money received from the USDA for serving creditable meals and snacks to eligible participants.

14 Serving Size or Portion - is described by the weight, measure, or number of pieces, or slices. The serving size specified in the meal patterns can be credited toward meeting the meal pattern requirements.

15 Standards of Identity - are government standards for the contents, preparation and labeling of food before it is manufactured and sold in commerce. Standards of Identity set specific and optional ingredients that a food must contain when a product is to be labeled or identified by that product name. Standards for meat products are developed by the Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA). For more details and the latest information on the status of any of these standards contact the FNS Regional office and/or the State agency.

Child and Adult Care Food Program Meal Patterns Revised 12/99 Amounts and Types of Foods To Be Served to Children

This chart lists the amounts and types of food to be served to children one year and older.

Meal Components	Ages 1-2	Ages 3-5	Ages 6-12
Breakfast: <ul style="list-style-type: none"> milk, fluid¹ juice or fruit or vegetable bread or bread alternate or cornbread, biscuits, rolls, muffins, etc <p>including cereal cold, dry or cereal hot, cooked</p>	$\frac{1}{2}$ cup $\frac{1}{4}$ cup $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce $\frac{1}{4}$ cup	$\frac{3}{4}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce $\frac{1}{4}$ cup	1 cup $\frac{1}{2}$ cup 1 slice 1 serving $\frac{3}{4}$ cup or 1 ounce $\frac{1}{2}$ cup
Supplement (Snack) (select 2 out of 4 components) <ul style="list-style-type: none"> milk¹, fluid juice or fruit or vegetable meat or meat alternate egg (large) bread or bread alternate including cereal, cold, dry or cereal hot, cooked 	$\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ ounce $\frac{1}{2}$ $\frac{1}{2}$ slice $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce $\frac{1}{4}$ cup	$\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ ounce $\frac{1}{2}$ $\frac{1}{2}$ slice $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce $\frac{1}{4}$ cup	1 cup $\frac{3}{4}$ cup 1 ounce $\frac{1}{2}$ 1 slice $\frac{3}{4}$ cup or 1 ounce $\frac{1}{2}$ cup
Lunch or Supper <ul style="list-style-type: none"> milk¹, fluid meat or poultry or fish or egg (large) or cheese or cooked dry beans or peas or peanut butter and other "butters" nuts and seeds² or yogurt vegetables and/or fruits³ (2 or more total) bread or bread alternate⁴ 	$\frac{1}{2}$ cup 1 ounce $\frac{1}{2}$ 1 ounce $\frac{1}{4}$ cup 2 Tbsp. $\frac{1}{2}$ ounce 4 ounces $\frac{1}{4}$ cup $\frac{1}{2}$ serving or $\frac{1}{2}$ slice	$\frac{3}{4}$ cup 1 $\frac{1}{2}$ ounces $\frac{3}{4}$ 1 $\frac{1}{2}$ ounces $\frac{3}{8}$ cup 3 Tbsp. $\frac{3}{4}$ ounce 6 ounces $\frac{1}{2}$ cup $\frac{1}{2}$ serving or $\frac{1}{2}$ slice	1 cup 2 ounces 1 2 ounces $\frac{1}{2}$ cup 4 Tbsp. 1 ounce 8 ounces $\frac{3}{4}$ cup 1 serving or 1 slice

¹

Milk includes whole milk, 1% low fat milk, 2% reduced fat milk, fat free milk, cultured buttermilk, or flavored milk made from these types of fluid milk which meet State or local standards.

²

For lunch and supper no more than 50% of the requirement may be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to meet the requirement. For crediting purposes 1 oz of nuts or seeds = 1 oz of cooked lean meat, poultry or fish.

³

Serve two or more kinds of fruits and/or vegetables. Full strength vegetable or fruit juice may be counted to meet no more than one half of this requirement for lunch and supper.

⁴

Bread alternate may also include an equivalent serving of such items as a roll, biscuit, muffin, cooked enriched or whole grain rice, macaroni, noodles or other pasta products.

Revised page 12/99

Child and Adult Care Food Program Meal Patterns Amounts and Types of Foods To Be Served to Adults

Food Components	Breakfast	Lunch	Supper	Supplement*
Milk, fluid	1 cup	1 cup	None required optional	1 cup
Vegetable(s) and/or Fruit(s) Vegetables and/or fruit or full strength vegetable juice or fruit juice or an equivalent combination of vegetable(s), fruit(s), and juice	½ cup	1 cup total (two or more servings)	1 cup total (two or more servings)	½ cup
Bread or Bread Alternates Bread or cornbread, biscuits, rolls, muffins, etc... or cold, dry cereal cooked cereal or cooked pasta or noodle products or cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate	2 slices 2 servings 1 ½ cups or 2 oz 1 cup 1 cup	2 slices 2 servings 1 cup 1 cup 1 cup	2 slices 2 servings 1 cup 1 cup 1 cup	1 slice 1 serving. ¾ cup or 1 oz. ½ cup ½ cup ½ cup
Meat or Meat Alternates lean meat or poultry or fish or cheese or egg (large) or cooked, dry beans or peas or peanut butter or soy nut butter or tree nut or seed butters or peanuts or soy nuts or tree nuts or seeds or yogurt	optional, none required	2 oz. 2 oz. 1 egg ½ cup 4 Tbsp. 1 oz.= 50% 8 oz. or 1cup	2 oz. 2 oz. 1 egg ½ cup 4 Tbsp. 1 oz.= 50% 8 oz. or 1cup	1 oz. 1 oz. ½egg ¼ cup 2 Tbsp. 1 oz. 4 oz. or ½cup

***For a supplement (snack) choose two of the four food components to meet requirements, more components may be served.**

MILK Revised 5/2006

CACFP regulations require that in order to be eligible for cash reimbursement, each child's breakfast, lunch, or supper must include fluid milk. Between the child's first and second birthday whole milk should be served. Lower fat milk should then be introduced. For adults, each breakfast and lunch must include fluid milk. Please also note that yogurt also may be substituted as a meat/meat alternate in the meal pattern. Yogurt may **not** substitute for the milk component.

Milk means pasteurized fluid types of unflavored or flavored whole milk, low fat milk, skim milk, or cultured buttermilk which meet State and local standards for such milk. **As of 11/99 the provision regarding the use of whole milk and evaporated milk for infants 8 months up to one year of age is no longer in effect. Breast milk or iron fortified infant formula must be used for the first year.** All milk should contain Vitamins A and D at levels specified by the Food and Drug Administration and be consistent with State and local standards for such milk. Lactose free and lactose reduced milk may be offered as options for children who are lactose intolerant and have a medical referral form signed by a doctor.

For children and adults, the breakfast meal pattern requires that a serving of fluid milk be served as a beverage or used on cereal, or used in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage for children. For adults, the lunch meal service must contain a serving of fluid milk as a beverage. Refer to the CACFP meal patterns for the quantity requirements by age. If milk is one of the two components served for a snack, it must be fluid milk served as a beverage or used on cereal, or used in part for each purpose. For children and adults, milk may not be credited for snacks when juice is served as the other component.

Milk is not credited when used in cooking for such foods as cooked cereals, custards, puddings, or other foods. Cows' or goats' milk may not be served in the CACFP for children under one year of age. Breast milk and/or Iron Fortified Infant Formula must be served to infants until their first birthday.

The service of breast milk and iron fortified infant formula is covered in detail in the feeding infants handbook. Sponsors serving infants should refer to the Infant Feeding publication, [Infants: A Guide for Use in the Child Care Food Program](#), for detailed guidance.

MILK Revised 5/2006

Food	Creditable yes	no	Comments
Milk, fluid (unflavored or flavored)	x		The milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk. Flavored milks include (but are not limited to) such flavors as strawberry, blueberry and banana. See chocolate milk below.
Acidified Milk, Acidified, Kefir Milk	x		Acidified milk is a fluid milk produced by souring fluid whole, low fat or skim milk with an acidifying agent. Examples of acidified milk are "acidified, kefir milk and acidified, acidophilus milk".
Buttermilk	x		
Certified Raw Milk		x	Regulations require the use of pasteurized milk.
Chocolate Milk (cold)	x		Chocolate milk is creditable if it meets State and local standards for milk.
Cultured Milk, Cultured, Kefir Milk	x		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, low fat, or skim milk under controlled conditions to produce a product with a specific flavor and/or consistency. Examples of cultured milk are cultured buttermilk, cultured kefir milk and cultured acidophilus milk.
Goats Milk	x		It must be pasteurized and meet State and local standards. Goat's milk cannot be served to infants.
Lactose Reduced Milk	x		Lactose reduced milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children or adults who can not digest the lactose in milk may benefit from the use of lactose reduced milk.
Low Fat Milk/Light Milk or Reduced Fat Milks	x		Low fat milk is not recommended for children under two years of age. The use of this product for children under age two must be supported by a medical referral form signed by a physician that includes the reason this product is recommended to be served.
Skim Milk- Non/Fat Free Milk	x		Skim milk is not recommended for children under two years of age. The use of this product for children under age two must be supported by a medical referral form signed by a physician that includes the reason this product is recommended to be served.
Soy Beverages/Drinks		x	Soy drinks and beverages are not fortified and do not contain Calcium, Niacin, or Vitamins D, E, or C.

Food	Creditable yes	no	Comments
Soy or Soybean Milk, Fortified	x		Soybean milk may be used but only as a substitute because of medical or other special dietary needs. See FNS Instruction 783-2 Rev.2. The use of this product for medical reasons must be supported by a statement from a recognized medical authority that includes recommended alternate foods.
UHT (Ultra High Temperature) Milk	x		UHT is a Grade A pasteurized milk that has been heated to about 280°F for a few seconds then cooled and packaged. It can be stored without refrigeration until opened.
Whole Milk	x		May not be served to children under one year of age The use of this product for children under age two must be supported by a medical referral form signed by a physician that includes the reason this product is recommended to be served. .
Milk Products:			
Chocolate (hot)	x		Hot chocolate must be made with fluid milk; only the fluid milk portion is creditable.
Cocoa	x		Cocoa must be made with fluid milk; only the fluid milk portion is creditable.
Cream		x	Cream does not meet the definition of milk.
Cream Sauces		x	Cream sauces do not meet the definition of milk.
Cream Soups		x	Cream soups do not meet the definition of milk.
Custard		x	Custard does not meet the definition of milk.
Eggnog, Commercial	x		For commercial eggnog, only the fluid milk portion is creditable.
Eggnog, Homemade		x	Homemade eggnog requires the use of raw eggs which can present a health hazard.
Evaporated Milk		x	Evaporated milk does not meet the definition of milk .
Half and Half		x	Half and Half does not meet the definition of milk.
Ice Cream		x	Ice cream does not meet the definition of milk.
Ice Milk		x	Ice milk does not meet the definition of milk.
Imitation Milk		x	Imitation milk does not meet the definition of milk.
Milkshakes	x		Milkshakes may be used to meet the milk component of lunches, suppers and supplements (snacks) served in the CACFP, if those milkshakes contain the minimum quantity of fluid milk per serving appropriate for the age group being served. Refer to FNS Instruction 783-7, Rev. - 1.
Pudding		x	Pudding does not meet the definition of milk.
Pudding Pops		x	Pudding pops do not meet the definition of milk.
Reconstituted, Dry Milk (Powdered)		x	See Sections 226.20 e and f of the CACFP regulations concerning the availability of fluid milk.

Food	Creditable yes	no	Comments
Rice Milk		x	Rice milk does not meet the definition of milk.
Sherbet/Sorbet		x	Sherbet does not meet the definition of milk. See fruits and vegetables section.
Sweetened Condensed Milk		x	Sweetened condensed milk does not meet the definition of milk.
Sour Cream		x	Sour cream does not meet the definition of milk.
Yogurt		x	Yogurt does not meet the definition of milk. Please refer to the crediting of yogurt under the meat/meat alternate component section.

QUESTIONS AND ANSWERS ABOUT MILK

1. Q: Why is reconstituted dry milk not creditable as fluid milk?

A: Reconstituted milk is not included in the definition of milk in the Program regulations. It is not possible to ensure that the quantity of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. Reconstituted milk may be used in an emergency situation where the availability of fluid milk has been affected. This provision is discussed in Part 226.20 (e). In addition, Part 226.20 (f) of the regulations permits dry milk to be used on an ongoing basis but only when the center is unable to obtain a supply of fluid milk on a continuing basis. In either of these situations, contact the Regional Office, State agency or the sponsoring agency as applicable, for guidance prior to taking action.

2. Q: If a participant cannot have milk, can I be reimbursed for breakfast and lunch?

A: Yes, if you obtain a written medical statement from a recognized medical authority that states that the participant should not be served milk. The statement also must specify substitute food(s). Please see Part 226.20 (h).

3. Q: Can the milk used in the preparation of products such as puddings, cream sauces and ice cream count toward the milk requirement?

A: No, the milk served must be served as a beverage and/or poured over cereal at breakfast, lunch/dinner or snack in order to be credited toward the milk requirement.

4. Q: Can milk be purchased directly from a farm?

A: Yes, as long as it is pasteurized, fluid milk that meets State and local health standards. Also, it must include Vitamins A and D at levels consistent with State and local standards.

5. Q: Can commercial milk shakes be served to meet the milk requirement?

A: This provision has been updated in FNS Instruction 783-7 Revision 1, (issued January, 24, 1995). This revised instruction permits the use of commercial milk shake mixes, if State and local officials define the mix as fluid milk in the geographic area where the mix is to be served. Since milk shakes tend to be filling, be aware that preschool children and some adult participants either may not be able to consume sufficient quantities of milkshakes or alternately, may leave other portions of the meal not consumed. This nutritional consideration should be a factor in your decision whether to serve milkshakes and under which circumstances.

6. Q: Why does the chart indicate that whole milk is not permitted for children under one year of age and skim/low fat milk is not recommended for children under two years of age?

A: As of November 1999, our regulations no longer permit the use of whole cows' milk at eight months. This change reflects the results of recent pediatric nutritional research. If whole milk is served to a child prior to its first birthday, there must be a medical referral form on file. In addition, evaporated milk no longer meets the definition of milk (previously evaporated milk in formula was permitted for infants between eight months and one year). Regulations reflect the position of the American Academy of Pediatrics that it is recommended that breast milk or iron fortified formula be used for the entire first year.

Recent publicity of the relationship between high fat diets and heart disease has led some caregivers to believe that they should feed their infants skim or low fat milk to prevent obesity or atherosclerosis later in life. However, based upon current scientific research, the feeding of skim or low fat milk to infants and children up to age two is not considered appropriate.

Pediatric nutrition authorities agree that skim milk (fresh liquid, reconstituted, nonfat dry milk power or evaporated, skimmed milk) or low fat (1/2, 1 or 2 percent low fat milk) should not be fed to infants. These milks contain insufficient quantities of fat (including linoleic acid) iron, Vitamins E and C. They also contain excessive amounts of protein, sodium, potassium and chloride for infants. **The amount of proteins and minerals in low fat and skim milk is even higher than in whole cows' milk; these milks put a strain on an infant's kidneys as does whole cows' milk and goats' milk.**

Revised 5/2006 MEAT/MEAT ALTERNATES

CACFP regulations require that a lunch or supper must contain the required serving amount of meat or meat/alternate specified in the meal pattern. A serving of meat or meat/alternate may be used as one of the two components of a snack. When a meat/alternate is served as one of the two required components of a reimbursable snack, the amount specified in the snack pattern must be served. There is no requirement that a meat/meat alternate be served as part of a breakfast, but it may be served as an optional component.

A menu item must provide a minimum of $\frac{1}{4}$ ounce of cooked, lean meat or its equivalent, to be counted toward meeting any part of the meat or meat/alternate requirement.

Meat and meat/alternates include lean meat, poultry, fish, cheese, an egg; yogurt, cooked dry beans or peas; nuts and seeds and their butters (except for acorn, chestnut and coconut); or an equivalent quantity of any combination of these foods. When cooked, dried beans or peas are counted as a meat alternate, they may not also be credited as a vegetable in the same meal.

Crediting for shellfish has been included. However, when including shellfish in menus, you should consider costing factors, acceptability, and the potential for food intolerances among both preschool and adult day care populations.

Alternate (formerly Textured Vegetable) Protein products are processed from soy or other vegetable protein sources and may be in a dehydrated granule, particle, or flake form. They also may be in a formed meat patty, chopped meat shape; resembling a meat product. The product may be colored or uncolored and seasoned or unseasoned. The current regulations **remove** the restrictions 1) that APP must be fortified with vitamins and minerals and 2) that no more than 30% of the meat/meat alternate component be APP; up to 100% APP may now meet the meat/meat alternate component. Alternative Protein products will resemble cooked meat, poultry, or fish. These products currently are being used successfully as meat/meat alternate extenders and/or substitutes in large Child Nutrition Programs. However, before using alternate vegetable protein products and claiming these meals for reimbursement, contact the FNS Regional office and/or the State agency for information and assistance on the preparation, serving, and crediting of these products.

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch/supper. You also should be aware of potential food intolerances or allergies with some populations. In such circumstances, you should make appropriate accommodations under the medical substitution requirement.

MEAT/ MEAT ALTERNATE Revised 5/2006

Food	Creditable yes	no	Comments
Acorns		x	Acorns have a low protein content.
Baco - Bits		x	This may be a soy product.
Bacon and Imitation Bacon Products		x	These products are considered as fats with little protein.
Bacon, Turkey	x		Turkey bacon is creditable only if it is a CN labeled product.
Beans, Dried or Canned	x		Refer to the Food Buying Guide.
Beef Jerky	x		Beef jerky made with pure beef may be credited. 1 ounce of dried jerky equals 1 ounce lean, cooked meat. This product has a high sodium content and is difficult to chew.
Bologna	x		All meat (or poultry) products that do not contain by products, cereal, or extenders.
Canadian Bacon or Mild Cured Pork	x		1 lb. (16 oz.) will yield 11 - 1 oz servings of cooked, lean meat. Refer to the Food Buying Guide.
Canned or Frozen: Beef Stew Beef-a-Roni Chili Macaroni Meat Stew Pizza Pot Pies Ravioli	x		These products are creditable only if (1) they have a CN label or (2) a product analysis sheet signed by an official of the manufacturer (not a sales person). The documentation should state the amount of cooked, lean meat per serving. The servings available must contain the required minimum serving size for the meat/meat alternate component.
Canned, Pressed Luncheon Meat (Potted/Deviled)		x	This product has a high salt and fat content.
Cheese Foods, Cheese Substitutes and Cheese Spreads	x		A 2 oz serving equals 1 oz of meat alternate. Refer to the Food Buying Guide.
Cheese, Imitation		x	
Cheese, Products		x	While cheese foods and spreads have a Standard of Identity, cheese products do not.
Cheese, Natural or Processed	x		
Cheese, Cottage or Ricotta	x		The portion size must be doubled. (A 2 ounce serving equals 1 ounce meat/meat alternate).

MEAT/ MEAT ALTERNATE Revised 5/2006

Food	Creditable yes	no	Comments
Chestnuts		x	Chestnuts have a low protein content.
Chicken Nuggets	x		Only the edible chicken portion is creditable as a meat. For breading/batter crediting, see the grain/bread section.
Chitterlings		x	Chitterlings are considered as a fat.
Coconuts		x	Coconuts have a low protein content.
Corn Dogs, Corn Dog Nuggets	x		The crust is credited like cornbread. The frankfurter is credited as a meat/meat alternate. This product has a high fat and salt content. Refer to the Food Buying Guide.
Crab, Imitation		x	The processing washes away all vitamins.
Cream Cheese		x	Cream cheese contains less protein and more fat than creditable cheeses. A serving size that would provide an equivalent quantity of protein would be excessive, especially for pre-school children and adults.
Deviled Eggs	x		
Eggs	x		Eggs may be credited only when cooked. Raw eggs are a potential health hazard.
Falafel	x		The pre-ground weight of beans is credited. Refer to the Food Buying Guide.
Fish Sticks	x		Only the edible fish portion is creditable as a meat alternate. For breading/batter crediting, see the grain/bread section.
Frankfurters or Hot Dogs	x		Must be all beef, and cannot contain any extenders. Remember to serve hot dogs in small pieces for those participants where choking is a potential hazard.
Frankfurters, Imitation		x	
Game, i.e. Squirrel, Venison etc...		x	Game, for safety reasons, is not creditable in the CACFP unless it is inspected and approved by the appropriate State or Federal agency.
Gizzards	x		
Home Slaughtered Meat		x	For safety reasons, home slaughtered meat is not creditable in the CACFP.
Ham Hocks		x	Ham hocks are high in fat and low in protein.
Hummus	x		The pre-ground weight of beans is credited. Refer to the Food Buying Guide.
Kidney	x		
Liver	x		
Liverwurst or Luncheon Meat	x		All meat and poultry products that do not contain by-products, cereal, or extenders may be credited. This product is high in salt and fat.

MEAT /MEAT ALTERNATE Revised 5/2006

Food	Creditable yes	no	Comments
Meat Sauce	x		Only homemade sauce may be credited.
Neufchatel Cheese		x	A soft unripened cheese similar to cream cheese, but which contains less fat and more moisture.
Nuts	x		Nuts may receive no more than one-half credit toward the meat/meat alternate component. Nuts may be a choking hazard for some populations.
Oxtails		x	This product has an insufficient amount of meat.
Peanut Butter	x		It is suggested that peanut butter be served in combination with another meat/meat alternate since the required portion sizes for peanut butter may be too large for pre-school children.
Reduced Fat Peanut Butter	x		It must meet the FDA Standard of Identity for peanut butter with 90% peanuts or peanut flour.
Peanut Butter Spreads		x	Peanut butter spreads do not meet FDA Standards of Identity and may not be credited.
Peas or Lentils, Dried	x		Refer to the Food Buying Guide.
Pepperoni	x		Only CN labeled pepperoni may be credited. This product is high in sodium and fat.
Pig's Feet, Neck bones, or Tails (parts)		x	These products contain small amounts of meat and are high fat products.
Pimento Cheese	x		A 2 oz. serving equals 1 oz of meat or meat alternate. See the cheese spread entry in the Food Buying Guide.
Pizza, Homemade	x		The amounts of meat/meat alternate ingredients must be identified and documented.
Pizza, Commercial	x		These products are creditable only if (1) they have a CN labeled product or (2) a product analysis sheet signed by an official of the manufacturer (not a sales person), which states the amount of cooked, lean meat/meat alternate per serving.
Polish Sausage	x		A cooked, smoked sausage, similar in composition to frankfurters, knockwurst, and similar sausage products. Polish sausages must contain a CN label to be credited.
Potted or Deviled Meats		x	These products are high in sodium and include extenders and binders.
Pot Pies, Commercial		x	These products do not contain adequate amounts of meat.

MEAT/ MEAT ALTERNATE Revised 5/2006.

Food	Creditable yes	no	Comments
Pot Pies, Homemade	x		The meat in homemade potpies can be credited if there is sufficient meat/meat alternate per serving.
Powdered Cheese in Boxed Macaroni and Cheese		x	The powdered cheese mix is not credited toward any of the components. The macaroni, if enriched, may be credited toward the grain/bread requirement.
Pressed Meat Products; i.e. "Spam"	x		This product is high in sodium and fat.
Quiche	x		Refer to the Food Buying Guide. The egg, cheese, and/or meat may be credited if there is sufficient meat/meat alternate per serving. See crediting for crusts under the grain/breads section.
Salt Pork		x	This product is extremely high in fat.
Sausage	-	-	Please refer to the Food Buying Guide. Also refer to Meat and Poultry Inspection Regulation, Standards of Identity, Part 319 for specific sausage products.
Scrapple		x	Scrapple has insufficient meat content.
Seeds	x		See meal pattern regulations for crediting. Be careful using seeds with preschoolers to avoid choking hazards. Some adults may also have medical restrictions.
Shellfish	x		Shellfish must be fully cooked; only the edible fish portion is creditable.
Shellfish, Imitation		x	
Soups, Homemade with Meat, or Meat Alternate	x		Homemade soups are creditable as a source of meat/meat alternate if the minimum amount of ¼ oz. per serving can be identified and documented.
Soups, Commercial		x	Commercial soups contain insufficient meat/meat alternate content per serving to receive crediting.
Soy Butter	x		Soy butter provides a good alternative to peanut butter for those participants who are allergic to peanut butter. Soy butter is credited like peanut butter.

MEAT/ MEAT ALTERNATE Revised 5/2006

Food	Creditable yes	no	Comments
Spare Ribs	x		These products contain small amounts of meat and are high fat products. Only the lean meat portion is creditable.
Tempeh		x	Tempeh is fermented soybean. USDA has no Standard of Identity for this product.
Tofu		x	Tofu is soy bean curd. USDA has no Standard of Identity for this product.
Tripe	x		
Vienna Sausage	x		This product is high in fat and sodium.
Yogurt, Commercial Plain, Un-flavored, Flavored, Sweetened	x		As of 3/97, commercially prepared products meeting the Standard of Identity for yogurt, low fat, and nonfat yogurt may be credited. 4 oz of yogurt equals 1 oz of the meat/meat alternate requirements.
"Yogurt", Liquid		x	This product does not meet the definition of yogurt.
Yogurt in a tube	x		This product must meet all requirements to be labeled as yogurt on the ingredient label. The 2.2 oz size tube may be credited at .5 oz of the meat/meat alternate requirements
Yogurt, Homemade		x	There are potential safety concerns with this product.
Yogurt Products Frozen Yogurt, Bars, Yogurt Covering on Fruit and/or Nuts		x	These are considered "other" foods. There is insufficient yogurt in the coating mixtures.

Revised 5/2006

Questions and Answers About Meat/Meat Alternates

1. Q: Why are nuts, seeds and nut/seed butters allowed as meat alternates?

A: Peanut butter has always been included as a meat alternate in the Child Nutrition Program because of its high protein content. Other nut and seed butters are now becoming available on the market. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious and environmental factors. The use of these products as a meat alternate reflects current food consumption habits and nutrition information. **Nuts are not recommended for children under three years of age because choking may occur. Adult day care providers should also consider their elderly participants carefully to determine if choking is a potential concern. Please also be aware that some individuals may have food intolerances or allergies to these foods.**

2. Q: Are grated romano and parmesan cheeses creditable?

A: Yes, however, small amounts of these cheeses, when used as a garnish or seasoning, or in a breading, should not be counted toward meeting the meat/meat alternate requirement of a meal. For both romano and parmesan cheeses, a 3/8 cup serving provides 1 ounce of meat alternate.

3. Q: Can pizza be credited as a meat/meat alternate?

A: Yes. This pizza should be either a homemade pizza with a recipe on file, a CN labeled pizza, or a cheese/meat pizza with a manufacturer's statement.

4. Q: Can vegetarian meals be served in the CACFP?

A: Yes, however, the meals must meet meal pattern requirements. Examples of acceptable vegetarian meat alternates that are creditable in the CACFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, yogurt, cooked dried beans and peas, nut and seed butters or any combination of the above. As of March 2000, regulations were published that eliminated restrictions on the use of alternate protein products (APP). USDA has removed the 30 percent limit on the amount of APP that can be blended into a meat/meat alternate. Special fortification requirements for APP are also removed. However, productions containing more than 30% should be identified. In planning for the use of such products, remember that some participants may have allergies to some of these ingredients so that identification of products containing APP is critical. **Please be aware that such meat alternates as tofu, seitan and tempeh are not creditable meat alternates.**

5. Q: We have several participants that attend our day care who cannot eat certain foods because of religious reasons. Can we claim these participants on the food program?

A: Yes. In many cases substitutions to accommodate religious dietary restrictions can be made within existing meal pattern requirements. In those cases, the center or provider may make such adjustments as are needed. Please also refer to FNS Instructions 783-13, Rev. 2 Variations in Meal Pattern Requirements: Jewish Schools, Child Care Institutions and Service Institutions (December 3, 1992) and 783-14, Rev. 1 Variations in Meal Pattern Requirements: Seventh Day Adventist Schools, Child Care Institutions and Service Institutions (April 29, 1992). If religious dietary restrictions need additional accommodation, sponsors may request that alternate meal patterns be allowed by submitting a letter to the State agency or to the FNS Regional office that administers the program. The letter must state the reasons for the proposed changes and describe the dietary accommodations that are needed. At that time, the Regional office or State agency will make a decision based on the nutritional needs of the participants. Prior written approval from the State agency or Regional office for CACFP meal pattern modifications based on religious exemptions is required and must be maintained on file.

Now that commercial yogurt may be credited as a meat/meat alternate in breakfasts, lunches and dinners as well as in the snack meal service, we have several questions:

6. Q: Must yogurt be offered in four ounce portions in order to be credited?

A: Although yogurt is credited at a ratio of four ounces of yogurt to one ounce of meat, this does not mean that programs are limited to offering yogurt in four ounce or eight ounce servings.

7. Q: What is the smallest amount of yogurt that may be credited as meeting the meat/meat alternate requirement?

A: Meal planners, at their discretion, may vary the portion sizes in the reimbursable meal in a range from 2 ounces (credited as 1/4 ounce of the meat meat/alternate) to 8 ounces (credited as fulfilling the total two ounce meat/meat alternate requirement).

8. Q: How are cups of commercially prepared yogurt containing fruit to be credited? Does the volume of fruit have to be subtracted from the total weight of the containers?

A.: Commercially prepared fruit and non-fruit yogurt products both receive full crediting toward the meat/meat alternate requirement, based on the portion size by weight/volume in the carton; i.e., **four ounces of either fruited or non-fruited yogurt fulfill the equivalent of one ounce of meat/meat alternate**. It should be noted that the fruit in commercial fruited yogurts cannot be credited toward the fruit/vegetable component. Fruit may be credited only when the provider adds sufficient quantities of fresh, frozen or canned fruit to commercial yogurt.

9. Q: Chicken nuggets, hot dog nuggets and fish sticks are very popular in our center. How many nuggets or sticks should we serve to meet requirements?

A.: Check either the CN label or the manufacturer's sheet. The label or sheet will provide crediting information specific to the product. This documentation must be maintained on file and is especially important when serving novelty shaped products.

VEGETABLES AND FRUITS Revised 5/2006

A reimbursable breakfast shall contain a serving of vegetable(s) or fruit(s) or full strength vegetable or fruit juice or an equivalent quantity of any combination of these foods. Both lunch and supper shall contain two or more vegetables or fruits or a combination of both. Full strength vegetable or fruit juice may be counted to meet not more than one half of this requirement.

In order to be creditable, a juice must contain a minimum of 50% full-strength juice and then, only the full-strength juice portion may be counted to meet the fruit/vegetable requirement. Therefore, it is extremely important to read the product label. As a practical matter, we very strongly recommend that only full strength juices be used. If less than full strength juice is used, the volume of liquid must then be doubled to comply with meal pattern requirements since these juices are at 50% strength (the minimum percentage of full-strength juice by volume permitted by Appendix C to Part 226 of the regulations). Therefore, it is generally an excessive amount for preschool children and some adult populations to consume. Juice may be fresh, canned, frozen, or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. **Please note that traditionally, cranberry juice cocktails were served by sponsors and were disallowed since 100% commercial cranberry juice cocktails do not meet juice requirements. Currently there are 100% juice blends which include 100% cranberry juice in a blend with other 100% juices. If you wish to serve these products, please maintain a label on file for documentation purposes in the event of review.**

As of November 24, 1997, policy is revised to require that all fruit juices must be pasteurized. Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria.

Two forms of the same fruit or vegetable served at the same meal can not both be counted toward the requirement to serve two or more fruits and/or vegetables. For example, if apple juice and applesauce are served, an additional and different fruit and/or vegetable must be served. This requirement is intended to provide the variety of fruits and vegetables needed for healthful growth. A serving of vegetable or fruit may be credited as one component of the required two components of the snack pattern. However, juice may not be credited as one of the components of a snack when milk is served as the only other component.

Cooked dried beans or peas may be counted either as a vegetable or as a meat alternate but not as both in the same meal.

Vegetables and fruits are credited as served. In order to count for crediting purposes, a minimum of 1/8 cup fruit/vegetable per serving is required. Small amounts (less than 1/8 cup) of fruits and vegetables used for flavorings or optional ingredients, such as garnishes, may not be counted to meet the fruit/vegetable requirement. These small amounts generally are not portion controlled and it is hard to determine their nutritional

contribution to the meal. Condiments and seasonings are not creditable food items; they serve as extras to enhance the acceptability of the meal.

Vegetables or fruits served as a combination item, e.g., fruit cocktail, succotash, peas and carrots, mixed vegetables etc., may be credited to meet only one of the two required items for lunch and supper.

No home canned fruit and vegetable products are allowed for service in the Child and Adult Care Food Program because of health and safety reasons.

VEGETABLES AND FRUITS Revised 05/2006

Food	Creditable yes	no	Comments
Ade Drinks		x	These drinks do not contain at least 50% full strength juice.
Apple Butter		x	
Apple Cider	x		Cider must be pasteurized.
Apple Fritters	x		Fritters must have at least 1/8 cup of apples per serving.
Aspic (fruit in)	x		See gelatin salads.
Banana in Bread		x	It has less than 1/8 cup fruit per serving and may not be counted toward meeting requirements.
Banana in Pudding (fruit added)	x		The pudding must have at least 1/8 cup banana (fruit) per serving.
Barbecue Sauce		x	
Bean Sprouts	x		Extreme care should be used with raw sprouts.
Baked Beans	x		Yes, but beans may not be credited both as a meat/meat alternate and as a vegetable in the same meal.
Cake Containing Fruit		x	There is not enough fruit present.
Carrot Bread		x	The bread contains less than 1/8 cup of carrot per serving and may not be counted to meet the vegetable/fruit requirement.
Catsup or Chili Sauce		x	These products are condiments.
Corn Chips		x	These are not classified as a fruit/vegetable - see the grain/ bread crediting list.
Corn Syrup		x	Corn syrup is a sugar, not a vegetable. It is not recommended for children under one.
Cranberry Juice Blend	x		100% Cranberry juice (not cranberry cocktail) in a blend with another 100% juice is creditable; for example, cranberry juice mixed with apple juice. 100% cranberry juice not in a juice blend is generally not commercially available.
Cranberry Juice Cocktail		x	Juice cocktails contain less than 50% full strength juice.
Cranberry Sauce	x		
Drinks, Fruit		x	Fruit drinks contain less than 50% full strength juice.
Dehydrated Vegetables	x		See page 32 of this publication.
Dried Fruit (i.e. Raisins, Apricots, Prunes, Cranberries)	x		Dried fruits are concentrated. Check the Food Buying Guide for serving sizes.
Dry Spice Mixes		x	

VEGETABLES AND FRUITS Revised 5/2006

Food	Creditable yes	no	Comments
Fig Bar Cookies		x	The amount of figs per serving is insufficient to count toward the fruit/vegetable component.
Frozen Fruit-flavored Bars		x	These bars do not contain enough, if any, fruit juice.
Frozen Fruit Juice Bars	x		Fruit juice bars must contain a minimum of 50% full strength juice. Only the juice portion may be counted to meet the fruit/vegetable requirement.
Fruit Cobblers/Crisps	x		These must contain at least 1/8 cup of fruit per serving. These products must be homemade or contain a CN label. These products have a high sugar content.
Fruit Juice Concentrates	x		
Fruit Juice Bases		x	Juice bases do not contain sufficient fruit per serving.
Fruit Drinks		x	Drinks contain less than 50% full strength juice.
Fruit-Flavored Canned Punch		x	This product contains less than 50% full strength juice.
Fruit-Flavored Powders ("kool-aid")		x	Fruit-flavored powders do not meet the definition of fruit.
Fruit Pies	x		Fruit pies must contain at least 1/8 cup of fruit per serving. These products must be homemade or contain a CN label. These products have a high sugar content.
Fruit Pie Filling	x		If the predominant ingredient is fruit, it will provide one-half credit; that is 1/2 cup fruit pie filling will provide 1/4 cup of fruit, unless otherwise documented. These items have a high sugar content.
Fruit Sauces (Homemade)	x		The sauce must contain at least 1/8 cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. Generally, commercial sauces have insufficient fruit content. These products are high in sugar.
Fruit Snacks, i.e. bars, roll ups, wrinkles, gummy styles	x		<u>Only CN labeled products are creditable.</u> Otherwise, these products do not contain sufficient amounts of fruit per serving.
Gelatin Desserts with Fruit and/or Vegetables	x		These desserts must contain at least 1/8 cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. "Fruit flavored" gelatins are not creditable.
Gravy Base		x	This is not a vegetable.
Hominy		x	Hominy is a grain/bread. The product has no nutritional value other than minimal amounts of fiber and starch.

VEGETABLES AND FRUITS Revised 5/2006

Food	Creditable yes	no	Comments
Honey		x	Honey is a sugar not a fruit. This product is not recommended for children under one year of age.
Ice Cream, fruit flavors		x	No fruit flavoring is creditable.
Jam		x	Jam has insufficient fruit content per serving.
Jelly		x	Jelly has insufficient fruit content per serving.
Juice Bars	x		With 100% juice only (see frozen fruit juice bars).
Juice Blends- <u>All Fruit</u>	x		These are combinations of full-strength juices.
Ketchup (Catsup)		x	This is a condiment.
Kiwi Fruit	x		
Lemon Pie Filling		x	Lemon pie filling does not contain fruit solids. The juice contained requires dilution beyond the 50% limit for palatability. See fruit pie filling for Shaker Lemon pies (pies with actual lemon slices)
Lemonade		x	Lemonade requires dilution beyond the 50% limit for palatability.
Macaroni Salad		x	Macaroni is not a vegetable.
Maple Syrup		x	Maple syrup is a sugar not a fruit. See the entry for corn syrup.
Mayonnaise, Salad Dressing, Margarine, Salad Oil and Butter		x	Mayonnaise, margarine, butter, salad oils and salad dressings are fats, not fruits or vegetables.
Onion Rings	x		They may be credited if they are homemade, or if a product specification sheet is available.
Olives	x		They must have at least 1/8 cup per serving. High salt content should be noted.
Pickles	x		They must have at least 1/8 cup per serving. High salt content should be noted.
Pineapple Upside-Down Cake		x	There is less than 1/8 cup fruit per serving.
Pizza Sauce	x		Pizza sauce may be credited as tomato sauce if at least 1/8 cup (2 TBSP) per serving is provided.
Pop Tart Filling		x	There is not enough fruit present.
Popsicles		x	These are not 100% juice.
Posole		x	Posole is not made from the whole kernel corn.
Potato Chips		x	These are "other foods". Fruit/vegetable chips are not creditable.
Potatoes, Dehydrated	x		Refer to the Food Buying Guide.

VEGETABLES AND FRUITS Revised 5/2006

Food	Creditable yes	no	Comments
Preserves		x	See jams and jellies.
Puddings with Fruit, Commercial		x	Puddings have less than 1/8 cup of fruit per serving and may not be counted to meet the vegetable/fruit requirement.
Pumpkin in Bread		x	This product has less than 1/8 cup of fruit per serving, and may not be counted to meet the vegetable/fruit requirement.
Rice, Whole Grain or Enriched		x	Rice is not a vegetable. It is creditable as a grain/bread only.
Salsa, both homemade and commercial	x		Salsa may be credited if the recipe documents that 1/8 cup (2 Tbsp) of vegetables per serving is provided. For products that contain all vegetable ingredients plus minor amounts of spices or flavorings, 100% of the product may be used to meet the volume requirement on a volume for volume basis.
Sherbet or Sorbets	x		Only Sherbets/Sorbets with CN labels may be credited.
Soups: such as Clam Chowder, Minestrone, Split Pea, Tomato, Tomato Rice, Vegetable, Vegetable w/ Beef, or Chicken	x		See the canned condensed soup entry.
Canned, Condensed Soup (1 part soup to one part water) All vegetable and vegetable with basic components such as meat and poultry.	x		1 cup of reconstituted soup will yield ¼ cup of vegetable. Please refer to the Food Buying Guide.
Canned or Frozen Ready-to-Serve Soup	x		1 cup serving will yield ¼ cup of vegetable. Refer to the Food Buying Guide.
Dehydrated Soup Mixes	x		To credit vegetables in dehydrated soup mixes: Determine the volume measurement by re-hydrating the soup according to the manufacturer's instructions. Heat, then isolate the vegetable pieces and measure the volume. Separate the vegetable pieces from noodles rice, etc. Volume measurements must be recorded for each brand and type of soup.

VEGETABLES AND FRUITS Revised 5/2006

Food	Creditable yes	no	Comments
Home Made Soups	x		Use the quantities of vegetables in the recipe to calculate crediting amounts.
Spaghetti Sauce (Tomato Sauce)	x		Spaghetti sauce is credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided.
Sprouts	x		Example: Alfalfa, Bean. Use raw sprouts with extreme caution for younger children and adult populations.
Syrup (Fruit Flavored)		x	
Toaster Pastries With Fruit (Poptarts)		x	These are credited as a grain/bread only and only for supplements and breakfasts. There is insufficient fruit content.
Vegetable Juice Blends e.g. V-8 Juice	x		This is a mixed, full strength vegetable juice.
Vegetables, Chopped	x		Vegetables such as celery, onions in prepared dishes, may be credited, provided that at least 1/8 cup (2 Tbsp) per serving is supplied.
Yogurt Commercial, (Fruit Added by provider)	x		The yogurt must contain at least 1/8 cup added fruit per serving.
Yogurt with Fruit, Commercial		x	Commercial fruit yogurt has less than 1/8 cup fruit per serving and may not be counted to meet the fruit requirement - See the meat/meat alternate section.
Zucchini in Bread (Squash in Bread)		x	This product has less than 1/8 cup per serving and may not be counted to meet the fruit/vegetable requirement.

Questions and Answers about Fruit/Vegetables

1.Q.: Are foods like coleslaw, potato salad, and waldorf salad creditable?

A: Yes, the fruit and vegetable ingredients in these items all count toward meeting the fruit/vegetable requirement. However, other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a $\frac{1}{4}$ cup serving of coleslaw containing non-creditable ingredients would not equal $\frac{1}{4}$ cup of fruit/vegetable. Use the amount of fruit/vegetables contained as ingredients in the standardized recipe to determine credit.

2. Q: Can combination items such as fruit cocktail, mixed vegetables, or peas and carrots be used to meet the requirement of serving two or more fruits/ vegetables at lunch and supper?

A: No, combination items are considered as only one item for crediting purposes.

3. Q: How are fruits and vegetables counted in combination dishes such as beef stew?

A: Only one fruit/vegetable component can be counted in a combination dish. For example, if the beef stew served contains stew meat, potatoes, carrots, and onions, the stew could only count for one fruit/vegetable component and an additional fruit or vegetable would need to be served.

4. Q: How do I prepare a homemade pizza so that it is creditable as a fruit/vegetable component?

A: Homemade pizza may be counted as one fruit/vegetable component. In order to meet this requirement, the pizza should include pizza sauce and vegetable or fruit toppings. The amount of sauce on a commercial pizza is not sufficient to count as a vegetable unless the pizza is CN labeled.

5. Q: How much tomato paste, tomato puree or tomato sauce would be needed to equal $\frac{1}{4}$ cup vegetable for each child at lunch or supper?

A: Tomato paste 1 tablespoon = $\frac{1}{4}$ cup vegetable
 Tomato puree 2 tablespoons = $\frac{1}{4}$ cup vegetable
 Tomato sauce 4 tablespoons = $\frac{1}{4}$ cup vegetable

6. Q: Are the raisins in homemade rice or bread pudding creditable?

A: Yes, however, at least $\frac{1}{8}$ cup (2 Tbsp) must be served in each serving to be creditable. In most recipes, not enough raisins are used to meet this requirement.

7. Q: How can I tell if juice is 100% full strength juice?

A: The label will state "juice, full strength juice, single strength juice, 100% juice, reconstituted juice, juice from concentrate or juice concentrate." Juices that have the words cocktail, beverage, drink or ade are not 100% juice. The statements "natural" or "organic" do not indicate if the juice is 100% strength.

8. Q: Can we purchase homemade juices such as apple cider from local farm stands?

A: Yes, however, since there have been a number of significant safety problems with the service of un-pasteurized ciders and juices, we now have revised policy to require that your program serve only pasteurized juice products. Children and the elderly are often at increased risk from potentially toxic bacteria. Most local farmers now pasteurize these products.

9. Q: Can the fruit in pudding or the fruit or vegetable in gelatin be counted towards the fruit /vegetable requirements?

A: Yes, however, at least 1/8 cup fruit/vegetable or fruit juice must be present in each serving. Gelatin or pudding alone will not meet CACFP requirements.

10. Q: Can juice concentrate in its concentrated form be used to meet the fruit/vegetable requirement?

A: Yes, this policy was updated in FNS Instruction 783-11 Rev. 1 (August 17, 1995). When a juice concentrate is used in its concentrated form, it may be credited on a reconstituted basis. For example, a gelatin product containing 1 Tbsp of orange juice concentrate per serving could receive ¼ cup fruit/ vegetable credit since the orange juice could be reconstituted on a ratio of one part concentrate to 3 parts of water (1 Tbsp concentrate + 3 Tbsp water = 4 Tbsp full strength reconstituted juice or ¼ cup credit)

11. Q: Are edible wild plants such as dandelion greens, burdock, lambs quarters (pig weed), and seaweed creditable?

A: Yes, they are considered to be vegetables. However, caution should be used. These plants are grown in the wild and considered by some individuals to be weeds; therefore toxic pesticides may have been sprayed on these plants. Safe guards in the use of wild plants should be developed.

12. Q: Are fruit sauces, such as orange sauce made with orange juice, or blueberry sauce made with canned/frozen blueberries creditable?

A: Yes, however, only the fruit portion of the sauce, i.e., the orange juice or blueberries is creditable. At least 1/8 cup of fruit must be in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the servings prepared.

13. Q: Are dehydrated vegetables creditable and how are yields determined?

A: Yes, dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the re-hydrated volume, not upon the fresh volume that may be stated on the container. Keep in mind that re-hydration yields on the container often vary from brand to brand. This variation in yields means that the following procedure must be used for each brand of de-hydrated product to determine yield.

Determine the re-hydrated volume as follows:

- a) Re-hydrate (add water or liquid) a purchase unit of the dehydrated vegetable according to manufacturers' directions. If the directions are not on the container, request re-hydration directions from the manufacturer.
- b) Measure the re-hydrated volume.
- c) Measure the number of ¼ cup servings of re-hydrated product that one purchased unit provides.
- e) Keep a record of the yield data obtained as required by the State agency, Regional office, or sponsor as verification. Records should include information on the size of the purchase unit, the number of ¼ cup servings of re-hydrated product per purchase unit, the name of the manufacturer, and the manufacturers' directions for how to re-hydrate the product.

Serving Size and Yield for Selected Fresh Vegetables and Fruits

Please note that the serving sizes and yields are approximate. This chart is intended as a reference only.

Vegetable	Serving Size and Yield
Carrot Sticks	1 stick is 4 inches long and $\frac{1}{2}$ inch wide <ul style="list-style-type: none"> • 12 sticks = $\frac{1}{2}$ cup • 6 sticks = $\frac{1}{4}$ cup • 3 sticks = $\frac{1}{8}$ cup
Cauliflower	1 medium head = about 6 cups florets
Celery Sticks	1 stick is 3 inches long and $\frac{3}{4}$ inches wide <ul style="list-style-type: none"> • 8 sticks = $\frac{1}{2}$ cup • 4 sticks = $\frac{1}{4}$ cup • 2 sticks = $\frac{1}{8}$ cup
Cucumber Slices	<ul style="list-style-type: none"> • 8 slices (each $\frac{1}{8}$ inch thick) = $\frac{1}{2}$ cup • 4 slices (each $\frac{1}{8}$ inch thick) = $\frac{1}{4}$ cup • 2 slices (each $\frac{1}{8}$ inch thick) = $\frac{1}{8}$ cup
Cucumber Sticks	1 cucumber = 12 sticks <ul style="list-style-type: none"> • 4 sticks = $\frac{1}{2}$ cup • 2 sticks = $\frac{1}{4}$ cup • 1 stick = $\frac{1}{8}$ cup
Lettuce Head (Iceburg)	<ul style="list-style-type: none"> • 2 pieces (4 $\frac{1}{4}$ " and 4 $\frac{1}{2}$ ") = $\frac{1}{2}$ cup • 1 piece (4 $\frac{1}{4}$ " and 4 $\frac{1}{2}$ ") = $\frac{1}{4}$ cup • $\frac{1}{2}$ piece (4 $\frac{1}{4}$ " and 4 $\frac{1}{2}$ ") = $\frac{1}{8}$ cup
Leaf Lettuce	<ul style="list-style-type: none"> • 1 large leaf = $\frac{1}{4}$ cup • 2 medium leaves = $\frac{1}{4}$ cup • 3 small leaves = $\frac{1}{4}$ cup
Radishes	<ul style="list-style-type: none"> • 8 radishes (small) = $\frac{1}{2}$ cup • 4 radishes (small) = $\frac{1}{4}$ cup • 2 radishes (small) = $\frac{1}{8}$ cup
Tomato Wedges	<ul style="list-style-type: none"> • $\frac{1}{2}$ tomato (3 inch diameter) = $\frac{1}{2}$ cup • $\frac{1}{4}$ tomato (3 inch diameter) = $\frac{1}{4}$ cup • $\frac{1}{8}$ tomato (3 inch diameter) = $\frac{1}{8}$ cup
Tomato Slices	<ul style="list-style-type: none"> • 4 slices (each $\frac{1}{4}$ inch thick) = $\frac{1}{2}$ cup • 2 slices (each $\frac{1}{4}$ inch thick) = $\frac{1}{4}$ cup • 1 slice (each $\frac{1}{4}$ inch thick) = $\frac{1}{8}$ cup
Cherry Tomatoes	<ul style="list-style-type: none"> • 8 tomatoes = $\frac{1}{2}$ cup • 4 tomatoes = $\frac{1}{4}$ cup • 2 tomatoes = $\frac{1}{8}$ cup

Grains/Breads Requirement (Bread/ Bread Alternate) Revised 5/2006

The meal patterns for breakfast, lunch, or supper each contain a bread or bread alternate requirement in the amount specified for each age group. A bread or bread alternate may also be served as one of the two components of a snack.

FNS Instruction 783-1 Revision 2 (January 8, 1997) updates the criteria used to determine minimum portion sizes, qualifying criteria and examples of foods which qualify as bread/bread alternates. The instruction also redefines the bread/bread alternate as the grain/bread requirement. Currently both of these terms are used interchangeably. The term grains/breads requirement will be used in this section for easy referral to the instruction.

Grain/bread products are important dietary sources of iron, thiamin, niacin, riboflavin and often of fiber in the diet.

Grains/breads served in the CACFP must meet the following criteria to be creditable:

The grain/bread must be whole grain or enriched or made from whole-grain or enriched meal or flour or if it is a cereal, the product must be whole grain, enriched, or fortified. Bran, cornmeal and germ are credited in the same way as are enriched or whole grain meals or flours.

The product label must indicate that the product is enriched or whole grain, made from enriched or whole grain meal or flour as well as bran and/or germ, or is fortified. If the grain/bread alternate is enriched, it must meet the Food and Drug Administration's Standards of Identity for enriched bread, macaroni and noodle products, rice, or cornmeal. Serving sizes for items listed on the charts in this section were calculated based upon FDA Standards of Identity and adjusted to meet program requirements.

French, Vienna, Italian and Syrian breads are commercially prepared products that are often prepared with un-enriched flour. Check the label or with the manufacturer to be sure that the product is made with enriched flour

For commercial products, the information on the package food label (including such products as individually packaged granola bars, coffee cakes etc...) as to **weight per serving size** compared against the applicable group in Exhibit A serves as documentation of the serving size. A sample label should be maintained on file. Do not use the serving size on the FDA label since this serving size is for adult portion sizes. (See question 11 on page 44).

Revised 5/2006

The grain/bread must be provided in the quantities specified in the regulations. One-quarter (1/4) of a serving is the smallest amount to be credited to the minimum quantities of grains/breads specified in program regulations.

The grain/bread must serve the customary function of bread in a meal, for lunch or supper. That is, it must be served as an accompaniment to, or a recognizable, integral part of the main dish and not merely as an ingredient. (Please refer to the Food Buying Guide).

Sweet foods such as toaster pastries, cookies, or formulated grain-fruit products (authorized under Exhibit A of CFR, Part 220) are permitted when made with **enriched** or whole grain meal or flour and served **as described under Exhibit A (see pages 36- 37 of this publication)**. Toaster pastries (pop tarts) and fruit-grain/granola bars are allowed for breakfast and supplements (snacks). Cookies and brownies may be served as supplements (snacks) only. **Sweet snack foods shall not be served as part of a snack more than twice a week.**

For the types of food items listed in Groups A-G of Exhibit A to count as one full serving, an item must contain no less than 14.75 grams (0.52 ounces) of enriched or whole grain, meal and/or flour. Cornmeal is considered to be a grain meal and thus, items made with cornmeal also must contain no less than the 14.75 grams of enriched or whole grain meal. The weights listed in each group of Exhibit A reflect the total weight of the product needed so that the 14.75 grams of whole grain, meal and/or flour (along with the other ingredients) are included in the serving.

The crediting of a food item as a grains/bread serving is determined by the total amount of enriched or whole grain meal and/or flour in the recipe divided by the number of servings the recipe yields. Sponsors are no longer required to use only those quick bread/muffin recipes or products which list flour as the primary ingredient by weight.

This change permits sponsors to serve products that more closely resemble standard quick breads and muffins and thus, are more acceptable to children. Please note that in the calculation of grain/breads, the use of flavorings and spices such as cinnamon and nutmeg do not significantly affect weight for crediting purposes and thus are not indicated as separate products. There is insufficient space in a publication to list all different flavors of each bread/grain product. For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights and volumes listed in the applicable group must be used.

Exhibit A -- Grains/Breads for the Food Based Alternatives on the Child Nutrition Programs¹

Group A	Minimum Serving Size for Group A
Bread Type Coating Bread Sticks (hard) Chow Mein Noodles Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) note: weights apply to bread in stuffing	1 serving = 20 gm or 0.7 oz. $\frac{3}{4}$ serving = 15 gm or 0.5 oz. $\frac{1}{2}$ serving = 10 gm or 0.4 oz. $\frac{1}{4}$ serving = 5 gm or 0.2 oz.
Group B	Minimum Serving Size for Group B
Bagels Batter Type Coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hot dog) Crackers (graham crackers - all shapes, animal crackers) Egg Roll Skins, Won Ton Wrappers English Muffins Pita Bread (white, wheat, whole wheat) Pizza Crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla Chips (enriched or whole grain) Taco Shells	1 serving = 25 gm or 0.9 oz. $\frac{3}{4}$ serving = 19 gm or 0.7 oz. $\frac{1}{2}$ serving = 13 gm or 0.5 oz. $\frac{1}{4}$ serving = 6 gm or 0.2 oz.
Group C	Minimum Serving Sizes for Group C
Cookies ² (plain) Cornbread Corn Muffins Croissants Pancakes Pie Crust (meat/meat alternate pies) Waffles	1 serving = 31 gm or 1.1 oz. $\frac{3}{4}$ serving = 23 gm or 0.8 oz. $\frac{1}{2}$ serving = 16 gm or 0.6 oz. $\frac{1}{4}$ serving = 8 gm or 0.3 oz.

Note:

- 1) Some of the above listed foods or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
- 2) Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast.

Exhibit A Continued

Group D	Minimum Serving Size for Group D
Doughnuts ³ (cake and yeast raised, unfrosted) Granola Bars ³ (plain) Muffins/Quick Breads (all except corn) Sweet Roll ³ (unfrosted) Toaster Pastry ³ (unfrosted)	1 serving = 50 gm or 1.8 oz. $\frac{3}{4}$ serving = 38 gm or 1.3 oz. $\frac{1}{2}$ serving = 25 gm or 0.9 oz. $\frac{1}{4}$ serving = 13 gm or 0.5 oz.
Group E	Minimum Serving Size for Group E
Cookies ² (with nuts, raisins, chocolate pieces, and/or fruit purees) Doughnuts ³ (cake and yeast raised, frosted, or glazed) French Toast Grain Fruit Bars ³ Granola Bars ³ (with nuts, raisins, chocolate pieces, and/or fruit) Sweet Rolls ³ (frosted) Toaster Pastry (frosted)	1 serving = 63 gm or 2.2 oz. $\frac{3}{4}$ serving = 47 gm or 1.7 oz. $\frac{1}{2}$ serving = 31 gm or 1.1 oz. $\frac{1}{4}$ serving = 16 gm or 0.6 oz.
Group F	Minimum Serving Size for Group F
Coffee Cake ³	1 serving = 75 gm or 2.7 oz. $\frac{3}{4}$ serving = 56 gm or 2.0 oz. $\frac{1}{2}$ serving = 38 gm or 1.3 oz. $\frac{1}{4}$ serving = 19 gm or 0.7 oz.
Group G	Minimum Serving Size for Group G
Brownies ² (plain)	1 serving = 115 gm or 4 oz. $\frac{3}{4}$ serving = 86 gm or 3 oz. $\frac{1}{2}$ serving = 58 gm or 2 oz. $\frac{1}{4}$ serving = 29 gm or 1 oz.
Group H	Minimum Serving Size for Group H
Barley Breakfast Cereals ⁴ (cooked) Bulgur or Cracked Wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 serving = $\frac{1}{2}$ cup cooked (or 25 gm dry)
Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal ⁴ (cold, dry)	1 serving = $\frac{3}{4}$ cup or 1 oz, whichever is less

Note:

- 1 Some of the above listed foods or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
- 2 Allowed only for desserts under the enhanced food based menu alternate specified in Part 210.10 and supplements (snacks served under the NSLP, SFSP and CACFP)
- 3 Allowed only for desserts under the enhanced food based menu alternate specified in Part 210.10 and supplements (snacks served under the NSLP, SFSP and CACFP and for breakfasts served under the SBP, SFSP and CACFP).
- 4 Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast

Grain/Bread Revised 5/2006

Food	Creditable yes	no	Comments
Bagel	x		
Bagel Chips	x		These products are high in fat and sodium. They should be served with caution due to potential choking hazards.
Banana Bread	x		Homemade breads must contain 14.75 grams per serving of enriched grain or flour. Commercial quick breads are credited in the same group as muffins (other than corn).
Barley	x		It must be enriched or whole grain.
Biscuits	x		
Boston Brown Bread	x		
Bread Pudding, Homemade	x		The bread in bread pudding is credited for snacks only and must contain a minimum of ½ slice of bread per serving.
Breading/Batter	x		See Group B of Exhibit A for batter coatings. On foods such as commercial fish sticks, chicken, or fish nuggets, CN labeled products are acceptable for breading if so stated on the label.
Brownies ₁	x		May be credited for snack only.
Cakes		x	
Caramel Corn		x	This product does not meet the definition of bread.
Carrot Bread	x		See banana bread.
Chips, Corn/cornmeal	x		Corn/cornmeal chips must use whole grain or enriched flours.
Chips, Potato		x	These are considered "other" foods. Fruit and vegetable chips are not creditable.
Chow Mein Noodles	x		
Coffee Cake ₁ , Cinnamon/Danish Rolls	x		These may be credited for breakfast and supplements (snacks) only.
Cookies ₁	x		These may be credited for snacks only. Cookies may be served as part of a snack no more than twice a week.
Cornbread	x		
Cornpone	x		This product is credited in Group C.
Couscous	x		This pasta product must be enriched or whole grain.

Food	Creditable yes	no	Comments
Crackers	x		For crediting purposes specify the type served, e.g., graham, etc.
Cream Puff Shells Choux Paste (Dessert)		x	Dessert pie crust does not serve the customary function of bread in a meal or supplement (snack).
Crepes	x		For the required serving size, see Group C - pancakes.
Croissants	x		These are high in fat.
Croutons	x		See Group A, Exhibit A.
Cupcakes		x	
Danish Pastries ₁	x		This item may be credited for breakfast and supplement (snack) only.
Doughnuts ₁	x		This item may be credited for breakfast and supplement (snack) only.
Dumplings	x		
Egg Roll or Won Ton Wrappers	x		
English Muffins	x		
Fig Bar	x		This item is credited the same as cookies, snack only.
French Bread	x		
French Toast	x		See Group E, Exhibit A.
Fried Bread	x		The contribution of a grain/bread in a recipe may be calculated to determine the number of grain/bread equivalencies the recipe provides. The crediting is determined by the total amount of enriched or whole grain meal and/or flour in the recipe divided by the number of servings the recipe yields.
Gingerbread ₂	x		Snack only. See fried bread.
Granola Bars, plain or with fruits/nuts	x		Creditable only for breakfast and supplements. For commercial serving sizes, see Groups D and E.
Grits	x		This product must be whole grain or enriched.
Hominy		x	Hominy is not made from the whole kernel of corn.
Hushpuppies	x		This product is credited in Group C, Exhibit A. (Use a # 40 scoop).
Ice Cream Cones		x	One cone weighs about 3 grams, which is insufficient as a cooking serving size.

Food	Creditable yes	no	Comments
Ice Cream ₁ Sandwich Wafers	x		The wafers may be credited as a serving of cookies if requirements for weight and enrichment are met.
Italian Bread	x		This product must be enriched or whole grain.
Johnny Cake	x		This product is credited Group C., Exhibit A.
Macaroni in Box Macaroni and Cheese	x		The powdered cheese mix is not credited toward any of the food components. The macaroni, if enriched, can be credited toward the grain/bread requirement.
Muffins	x		
Nachos	x		This product must be enriched or whole grain.
Noodles	x		
Noodles in canned soup	x		If the product contains sufficient noodles per serving to meet minimum portion sizes. Maintain documentation on file.
Pie Crust (meat/ meat alternate or with vegetables)	x		If it is a recognizable, integral part of the main dish and is served as an accompaniment to the main dish as in beef or chicken pot pies.
Pineapple Upside Down Cake		x	
Pita	x		See Exhibit A, Group B.
Pizza Dough	x		See Exhibit A, Group B.
Pop Tarts	x		For Breakfast or Snack only.
Popcorn		x	This item is not creditable. Popcorn provides fiber but little nutritional value. There is a potential choking hazard for both preschool and elderly populations.
Popover	x		As long as it is made with enriched or whole grain meal or flour and serves the customary function of bread in a meal. This product is creditable as a bread component only.
Pound Cake		x	
Potato Pancakes		x	Potato pancakes contain a minimal quantity of flour.
Pretzel, Soft	x		
Pretzel, Hard	x		
Puff Pastry -with a meat/meat alternate or vegetable	x		See the pie crust entry. Puff pastry is high in fat. Puff pastry may not be credited when used with fruit as a dessert.
Pumpernickel Bread	x		

Food	Creditable yes	no	Comments
Pumpkin Bread	x		Quick breads are credited in the same group as muffins (other than corn). See banana bread.
Quinoa	x		A cereal-like plant product derived from an herb, creditable as a whole-grain type of flour. Seeds may be red, black or white.
Raisin Bread	x		This product is credited in the same way as breads without raisins (grain/bread only).
Rice (either Enriched, White or Brown)	x		This product must be enriched or whole grain.
Rice Cakes	x		See Group H, page 37, under breakfast cereal for serving size.
Rice Krispy Treats	x		Creditable for snack only. The rice cereal used as an ingredient in the treats may be credited if it is enriched or fortified.
Rice pudding (commercial)		x	There is insufficient rice per serving in commercial products.
Rice in pudding (homemade)	x		Only if the recipe documents that sufficient rice is used to provide at least ¼ serving.
Sopapillas ¹	x		Credited in the same group as doughnuts. For serving size, see Group D. Creditable for breakfast or snack only.
Spoon Bread	x		Credited in the same group as cornbread. For serving size, see Group C.
Squash or Zucchini Bread	x		Quick breads are credited in the same group as muffins (other than corn). See banana bread.
Stuffing, Bread, Dry	x		See Group A. Weights apply to the bread in the stuffing.
Sweet Rolls/Buns ¹	x		Creditable for breakfast and supplemental meals only.
Tapioca		x	
Taco or Tortilla Shells	x		The shells must be enriched, fortified, or whole grain.
Taco Chips	x		The chips must be enriched, fortified, or whole grain.
Turnover Crust	x		Creditable for breakfast and supplemental meals. See Group C. Creditable for lunch or dinner as part of the entree.
Wafers ¹ , Vanilla	x		These are considered to be cookies. Credited for supplements (snacks) only.
Waffles	x		
Wheat Germ/Bran	x		Bran and germ are credited in the same manner as whole grain meal or flour - at least 14.75 grams per serving.

Questions and Answers about Grain/Breads

1. Q: Are Fig bar cookies creditable as a grain/bread?

A: Yes, please see Group C of Exhibit A for crediting the cookie crust. Also, see the information under fruits and vegetables regarding the crediting of the fig paste. Cookies may be used only in the supplement (snack) and no more than twice weekly.

2. Q: Are Rice Crispy bars or similar bars made from a cereal product creditable?

A: Yes, these “cereal snacks” may be credited, but as a supplement (snack) only and again, no more than twice weekly. The cereal must be whole grain, enriched or fortified. Refer to page 37, Group H, under breakfast cereal for suggested serving size.

3. Q: Can nut or seed meal or flour be used to meet the grain/bread requirement for a meal?

A: No. Nuts and seeds are not grains and there are no standards of enrichment for these products.

4. Q: Can pie crusts, crisps, and cobblers be credited as a grain/bread?

A: Pie crust can be credited when it is being served as an accompaniment to, or as an integral part of the main dish. Fruit turnovers may be served for supplements (snacks) and breakfasts only. Crisps or cobbler crusts served as a part of a dessert are not creditable.

5. Q: Are granola bars acceptable grain/bread equivalents?

A: Yes, however, they may be credited for breakfast and supplements only. If commercial granola bars are served, then the serving sizes for plain granola bars would be found in Group D. Serving sizes for those granola bars with nuts, raisins, chocolate pieces, and/or fruit purees would be found on page 37, Group E. Standardized recipes for homemade granola and granola bars are available from the Regional office or State Agency upon request. These recipes have pre-calculated portion sizes.

6. Q: Is granola cereal an acceptable grain/bread equivalent?

A: Yes, commercial and homemade granola cereals are acceptable. In determining the serving size, only the grain portion of the cereal is creditable as a grain/bread. In other words, any nuts, seeds, coconut, dried fruit, etc. are not to be included when determining the serving size. Standardized USDA and State Agency recipes

already have portion sizes calculated. However, since each commercial granola is based upon its own formulation, the sponsor should take a sample box and separate out the whole grain portion and weigh it to calculate out the number of allowable servings and required serving size for each type and brand of granola used. This information should be maintained on file.

7.Q: Can crackers be served as a grain/bread equivalent?

A: Yes, both sweet and non sweet (savory) crackers can be served as a grain/bread equivalent for breakfast, lunch, supper or supplement (snack). Children who are in the 1 to 2 and in the 3 to 5 age range require $\frac{1}{2}$ serving for any of these meals. Children six through twelve years old and adult participants require one serving.

Saltines and snack cracker serving sizes are listed under page 37, Group A.

- One serving of Group A equals 20 grams or .7 ounce.
- $\frac{1}{2}$ Serving of Group A equals 10 grams or .4 ounce.

Graham and animal crackers are listed under Group B. The number of crackers served for either group would depend upon the total number of crackers by weight that would be required to meet the portion size requirements.

- One serving of Group B equals 25 grams or .9 oz.
- $\frac{1}{2}$ Serving of Group B equals 13 grams or .5 oz.

8. Q: The most current grain/bread instruction makes changes in the methods of crediting grain/bread equivalent. Are there differences in minimum serving sizes of certain purchased foods as a result?

A: The new instruction is intended to reflect the availability of new products and to provide Child Nutrition Programs with greater flexibility. There have been some changes to the groups by which foods are classified based upon current food technology. Since many sponsors have become familiar with the previous group listings in Exhibit A on pages 36-37. We have provided a summary of those foods which are now in different foods groups as a result of the instruction revision. This summary is found on page 46.

9. Q: Bagels are all listed under Group B, page 37, but there is a wide variance in sizes; how do we calculate appropriate serving sizes?

A: Whenever there is an apparent variance in size, we encourage centers and providers to verify serving sizes on such products as bagels, especially if they are purchased from a local bakery. The actual size of a bagel varies greatly from the various frozen commercial bagel varieties to deli size bagels. Sponsors are encouraged to weigh a sample bagel product and to serve the equivalent required grams for the age group being served. For example, a half of one brand of bagel

may meet requirements while a half of another type of bagel may provide too large a serving size for a three to five year old child.

As a general reference, one small (mini), commercial bagel will usually meet meal pattern requirements for three to five year old children. One half of a 3" diameter commercial bagel meets requirements for one grain/bread serving and $\frac{1}{4}$ of a 3" diameter bagel meets the $\frac{1}{2}$ serving size for three to five year olds. Documentation supporting the weight and serving size of each different bagel product should be maintained on file for review purposes whenever the product differs from the standardized size in Exhibit A.

10. Q.: Rather than use the gram weight on commercial packaging for determining serving size, can I use the FDA Food Label Serving Size as a basis for calculation?

A: No. The FDA calculates serving sizes differently than the USDA meal pattern requirements. The serving size for the FDA label is calculated on the nutritional needs of the **general adult** population. CACFP serving sizes are calculated with consideration to the specific nutritional needs of our target populations: children and the elderly. Therefore, the grams per serving on the FDA label differ from the allowable number of grams in the Exhibit A serving size groups.

11. Q.: With the new changes, how can I figure out what serving size I need?

A: The majority of products are listed by serving size in the meal pattern chart. For example, one or one half slice of bread or $\frac{3}{4}$ cup of cold, dry cereal.

Most of the remaining grain/breads are listed in Exhibit A, pages 36-37, by serving size group. When using a commercial product listed in Exhibit A, check to see what the serving size of the product is required and then check the **total weight per serving** of the product. In some cases if the serving is prepackaged, the weight is listed on the package or on the individual packet. The weight per serving should be at least the minimum serving listed for the applicable group in the Exhibit A list.

As an example, a provider wishes to use a grain fruit bar (granola bar) for a snack. She serves three to five year olds. In this case, the bar size as listed on either the box or the wrapper must weigh either 31 grams or 1.1 oz to meet the required $\frac{1}{2}$ serving size. If the serving size requirement differs from the actual product serving size, adjustments should be made to the serving size by either adding additional product or by cutting the bar. This is done to meet requirements but, at the same time, not serving excessive amounts for the target age group.

Some products, such as crackers, come packaged loose in a box or bag. For these products, we have calculated out the serving sizes rather than require sponsors to weigh out the gram or ounces and then calculate serving size. We recognize the difficulties in determining serving sizes on such items as crackers. FDA has provided us with the gram reference weight per unit and we have calculated out

adjusted serving portion sizes using their Standards of Identity. In those instances where a serving size resulted in a portion of a unit or the measurement was a nonstandard measure, we have rounded up to standard measurements to ensure that portion sizes meet requirements, to ensure ease in preparation, and in purchasing. Sponsors can simply measure out either the standard cup or fraction of a cup serving size or use the individual item count listed. For products such as bagels, pita bread and English muffins that reasonably can be cut, we have provided portion sizes in half and quarters. Please see the revised reference chart.

Some grain/bread products are made on premises or at a central kitchen. If you plan to make your own rolls, muffins, or breads you can determine portion sizes in one of two methods. If you use standardized recipes developed by USDA or your State agency, you need only document which recipe is used and the crediting and portion size indicated on the recipe. USDA and State agency recipes have been tested and verified as to portion size and crediting equivalencies. If you use your own recipe or a commercial recipe, you will need to calculate out the number of allowable servings. You should take the total amount of flour and/or grains used in the recipe and divide by the allowable contribution by portion size.

Changes to Crediting Groups Listed in Exhibit A, Based upon the Revised Instruction

PURCHASED FOOD	FROM (Previous Guide)	CURRENT
Bagel	Group A	Group B
Biscuits	Group A	Group B
Chow Mein Noodles	Group B	Group A
Corn Bread	Group A	Group C
Croissants	Group A	Group C
Egg Rolls/Won Ton Wrappers	Group A	Group B
English Muffins	Group A	Group B
Muffins	Group A	Group D
Pizza Crust	Group A	Group B
Pretzels Soft	Group A	Group B
Saltine Crackers	Group B	Group A
Soda Crackers	Group B	Group A
Sweet Rolls and Buns Unfrosted Frosted	Group A	Group D - Unfrosted, Group E – Frosted
Toaster Pastries Unfrosted Frosted	Group B	Group D – Unfrosted Group E – Frosted

Recalculated Serving Amount(s) Needed To Constitute a Serving by Age- (Revised 97)

Note: The portion size has been revised based upon the adjusted portion sizes in the revised Grain/Bread Instruction 783-1 Rev. 2 and upon FDA standards. Please note when adjustments resulted in a part of a serving, the portion size was adjusted upwards.

Several products are known by different names in different parts of the country. We have included each name, when known, to aid you in determining your product. Remember that you must consider the particular needs and ages of your participants when considering choking hazards. Also remember that some grain/bread options are higher in sugar, salt or fat and should be offered in moderation.

Name of item	one to two years old (1/2 serving)	three to five (1/2 serving)	six to twelve, adult (1 serving)
Animal Crackers ¹ by cup by each "animal"	1/4 cup 5	1/4 cup 5	1/2 cup 9
Bagel (water, whole wheat, egg, flavored, bialy) small or mini 3" diameter	1/2 1/4	1/2 1/4	1 1/2
Bagel chips (include all flavors) chips	1 each	1	2
Bread stick (hard, with or without sesame seeds) 4 1/4 "size (small) 4 3/4 " size (medium) 5 3/8 "size (suggested - use a medium bread stick for 1/2 serving)	2 each 1 each	2 1	4 2 1
Bread stick (soft) 6 1/4 " long 6 3/4 " long (suggested - use a small bread stick for 1/2 serving)	1	1	2 1
"Bear" Crackers (unfrosted, no filling, include honey and cinnamon varieties) by cup each	1/4 cup 13	1/4 cup 13	1/3 cup 25
Boston Brown Bread by slice	1	1	1 1/2 slice

Name of item	one to two years old (1/2 serving)	three to five (1/2 serving)	six to twelve, adult (1 serving)
Butter Crackers (also club)			
square	2 each	2	4
rectangle	3 each	3	5
large rectangle	1 each	1	2
small rectangle	4 each	4	8
rounds	4 each	4	7
bite size	10 each	10	20
bite size by cup	¼ cup	¼ cup	1/3 cup
Cheese Crackers			
small square	10 each	10	20
various shapes	4 each	4	7
fish	10 each	10	20
twigs	5 each	5	10
bite size	10 each	10	20
round	4 each	4	7
snack stick	5 each	5	10
Cornbread (with or without jalapeño peppers)			
by cubic inches	3"x3" square	3"x3" square	5"x5" square
Corn Cakes			
regular	2	2	3
mini-cakes	5	5	10
Cornpone (includes Hoe Cake)			
by cubic inches	2"x2" square	2"x2" square	3½"x 3½" square
Crisp Bread, Rye			
3 ½ " x 1 7/8"x ¼ "	2	2	3
thin wafer	5	5	10
flat bread	2	2	4
English Muffin (with or without raisins - include rye, multi-grain, pumpernickel, oat bran, toasted/un-toasted)	¼ muffin	¼ muffin	½ muffin
Graham Crackers (includes sugar, honey, and cinnamon, no chocolate or frosting) ¹			
squares	2	2	4
large rectangles	1	1	2
small rectangles	4	4	8
Hushpuppies (include Fried Cornbread) each	1 (#40 scoop)	1 (#40 scoop)	2 (#40 scoop)

Revised 8/99

Name of item	one to two years old (1/2 serving)	three to five (1/2 serving)	six to twelve, adult (1 serving)
Johnny Cake	3"x3" square	3"x3" square	7"x7" square
Matzo	½	½	1
Melba Toast (rectangles) rounds	2 4	2 4	4 7
Milk Crackers	1	1	2
Oat Bran Crackers thins cup	5 ¼	5 ¼	10 1/3
Pita (include Greek, Syrian Flat bread, and Pocket bread) small 4" diameter	½	½	1
Pretzels (hard) 1 ring 3 ring thin (3 ¼ "x2 ¾" x1/4") rod (7 ½ "x ½" x ¼") Dutch pretzel (2 ¾ " X 2 5/8" x 5/8") log 3" x ½" sticks 2 ½"1/8" diameter thin sticks, rings, bite size by cup	5 4 2 1 1 2 20 ¼ cup	5 4 2 1 1 2 20 ¼ cup	10 7 4 2 2 4 40 ½ cup
Rice or Rye Cakes (regular size) mini-cakes	2 5	2 5	3 10
Saltine Crackers (include soda crackers, sea toast, "Uneeda") large round crackers	4 1	4 1	7 2
Soup and Oyster Crackers each	10	10	1/3 cup 20
Spoon Bread by cubic inches	1½"x1½" square	1½"x1½" square	2½"x 2½"square
Tortilla, Corn 5 " diameter 7" diameter	1 ½	1 ½	2 1
Tortilla, Flour 4" diameter 6" diameter	1 ½	1 ½	2 1
Tortilla, Whole Wheat Tortilla (also Chapatti and Puri, no diameter given)	½	½	1

Name of item	one to two years old (1/2 serving)	three to five years old (1/2 serving)	six to twelve, adult (1 serving)
Tortilla Chips (include enriched corn or cornmeal, may be either flavored or plain)	8 chips	8 chips	14 chips
Whole Wheat Crackers (includes toasted wheat, cracked wheat and stoned wheat types)			
Cracker	3	3	5
Whole Wheat wafer	3	3	5
Water Biscuits	3	3	5

¹ Graham crackers and animal crackers are now in Group B. One serving is 25 grams and ½ serving is 13 grams.

All other crackers are in Group A. One serving is now 20 grams and ½ serving is 10 grams. (Updated: Iowa Department of Education, CACFP).

Weights of Commonly Used Grains

When using a recipe with smaller yields for a grain/bread, ingredients are listed in cups or portions thereof. This list provides the number of grams per cup. Use of this chart should save smaller programs from the additional mathematical step of converting recipes from cups to pounds to grams. Of course, remember to divide or multiply the number of grams to reflect the number of cups or portions of cups required in your recipe.

Food Item	Description	Weight of one cup in grams
Cereals	All Bran	61
	Bran Buds	75
	Corn Chex	29
	Corn Flakes whole	29
	Corn Flakes crushed	80
	Cheerios	28
	Rice Krispies	27
	Rice Chex	33
	Puffed rice	13
	Wheaties	32
Flour, All Purpose	unsifted, spooned	126
	sifted, spooned	116
Bread Flour	unsifted, dipped	136
	spooned	123
	sifted, spooned	117
Bread Flour, Self Rising	unsifted, dipped	130
	spooned	127
	sifted, spooned	106
Whole Wheat Flour	spooned	120
Oats, Quick Cooking	uncooked	73
	cooked	246
Wheat Germ	spooned	115

**Taken From -- Average Weight of a Measured Cup of Various Foods,
Home Economics Research Report Number 41**

Crediting Combination Foods

You may credit some combination foods for a total of **two** different meal components

1. Meat/meat alternate
2. Grain/bread
3. Fruit/vegetable (count as one component only)

Example: Spaghetti with meat sauce

Credit as:

Meat/meat alternate	hamburger
Grain/bread	spaghetti

Example: beef stew

Credit as:

Meat/meat alternate	diced roast beef
Fruit/vegetable	mixed vegetables

Example: CN label or homemade cheese pizza

Credit as:

Meat/meat alternate	cheese
Grain/bread	pizza crust

Note: If pizza does not have a CN label, you must add additional cheese and/or meat in order to meet the meat/meat alternate requirement.

Combination foods, in beverage form made from milk and solid fruits (or juice concentrates), may be credited at all meals and snacks as meeting the following requirements:

Example: Banana/Strawberry Cow (with banana, strawberries and milk)

Credit as

Milk	fluid milk
Fruit/vegetable (count as one component only)	bananas and strawberries

Crediting Commercial Frozen or Canned Products

When crediting such products as chili-macs, pizzas, pot pies, sloppy Joes, and raviolis toward the meat/meat alternate component, the amount of meat/meat alternate per serving in the product, not the total portion size, is the determining factor for crediting purposes. Because of the uncertainty of the actual amount of meat/meat alternate contained in these products, it is very strongly recommended that they not be used unless (1) they are a CN labeled product; or (2) the user has a product analysis sheet signed by an official of the manufacturer (not a sales person) that states the amount of cooked lean meat/ meat alternate per portion and portion size.

Based on the USDA Meat and Poultry Product Standards for these commercial products, the user would need to serve a very large portion. For example, a 15 ounce serving of canned ravioli is needed to provide the one and a half ounces of the required meat; the same amount of ravioli provides many grain/bread requirements. As a result, if these products are served, a second meat/meat alternate must be served in order to meet the required amount of meat/meat alternate.

Under USDA's inspection procedure, each product name is checked with the product's recipe before the name goes on the label to ensure that the name properly discloses what is inside the package or can. For example, products labeled "beef with gravy" must contain at least 50% cooked beef and "gravy with beef" at least 35% cooked beef. Therefore, if not noted on the CN label or the manufacturer's product analysis sheet, the following products should contain at least the noted percentage of net weight of uncooked meat per total weight.

When using these products, unless otherwise stated through CN labeling or product analysis sheets, the minimum percentage should be used as the basis for crediting calculations and portion sizes determined accordingly.

The minimum meat percentages of chili mac, meat ravioli, pizza, pot pies and sloppy Joes are listed below:

Product	Minimum Percentage of Meat Required
Chili Mac	16% per total weight of the product
Meat Ravioli	10% per total weight of the product
Pizza with Meat	15% per total weight of the product
Pot Pies	25% per total weight of the product
Sloppy Joes	35% per total weight of the product when labeled with true product name "Barbecue Sauce with Beef"

Crediting Some Popular Foods

Bread Pudding: The bread portion of the pudding is creditable as a supplement if there is a recipe to document that at least ½ slice of bread is in each serving of the pudding.

Snack/ Party Mixes, Trail Mixes: (sometimes also called “bird seed”) These are snack food mixtures with a variety of items including such items as nuts, cereals, seeds, dried fruits, etc. These items cannot be credited unless the menu contains an explanation of the creditable ingredients included in the mix on the menu.

Fruited Gelatin: Only the fruit or vegetable portion of a fruited gelatin will contribute toward the fruit/vegetable component if it is made with water as directed. To be creditable, each serving must include at least 1/8 cup (2 Tbsp) of fruit or vegetable.

Peanut Butter and Jelly Sandwich: When a peanut butter and jelly sandwich is served as the only meat alternate, the sandwich must contain three tablespoons of peanut butter for ages 3 to 5 to meet the minimum portion size. However, three tablespoons of peanut butter is often too much peanut butter to be consumed by a preschool child. We strongly suggest that a second meat/meat alternate (such as cheese cubes or ½ of a hard cooked egg) be served along with a smaller serving of the peanut butter.

Pickle Slices: Since pickles are high in sodium and low in nutrients, sponsors are encouraged to serve pickles as a garnish in combination with other fruits and/or vegetables.

Popcorn: Popcorn is **not** credited in the CACFP because of the low nutritive value of popcorn. Three cups of non-fat popped corn are equivalent to one slice of bread. **The use of popcorn as an “other” food for this age group is also discouraged because of the potential risk of choking with preschoolers, as well as some elderly populations.**

Quiche: Homemade quiche may be credited toward the meat/meat alternate if it contains sufficient egg, cheese, and meat to meet portion size requirements. Please note that bacon is considered an “other” food and may not be credited. The crust may be credited toward meeting the grain/bread requirement if it is a recognizable, integral part of the main dish and served as an accompaniment to the main dish.

Raisins: We recommend that smaller portions of raisins be served, such as 1/8 cup (2 Tbsp). This recommendation is made because preschoolers may not be able to digest larger portions of dried fruit. In addition, since raisins have a sweet, sticky consistency, potentially increasing the risk of dental cavities, the menu planner may wish to consider adding a crunchy item to the menu to help preclude this concern. Please note that dried cherries, cranberries and blueberries are credited in the same manner as raisins.

Seasonings, Garnishes and Condiments: Condiments, garnishes and seasonings are not creditable food items. They serve as extras to enhance the acceptability of the meal.

General Guidance Revised 5/2006

Each supplement (snack) must include at least two full food components of the four options: fluid milk, fruit/vegetable, grain/bread, meat/meat alternate. Juice cannot be used as the second component if milk is the only other component for the snack.

When serving two fruits/vegetables at the same meal, two forms of the same product cannot be served. For example: oranges and orange juice, applesauce and apple slices; grapes and raisins.

To plan menus that consistently comply with USDA meal pattern quantitative requirements, refer to Child Care Recipes, Food For Health and Fun, Building Blocks for Fun and Healthy meals, and What's In A Meal? .

The menu should document what was served. It should include the foods actually served and the serving size(s). If the meal, as planned, differs from the meal as served, the file copy of the menu, as well as the Menu and Production Records, should document the change(s) made. There are a number of valid reasons why menus can and/or should change. These include unavailability of the planned items, the unanticipated availability of a quality product at a reasonable price, various kitchen emergencies, non-delivery of orders, replacements for spoiled or out-of-condition foods, labor shortages. Whatever the reason, the records should accurately reflect the actual meal service. In addition, the corrected menu serves as an excellent planning tool as to feasible alternatives when the menu, as planned, must be adjusted.

Be flexible and adventurous in taking advantage of an especially good buy and in planning specific menus for field trips, holidays, and special occasions.

Use a menu format that allows adequate space for listing the menu items and for noting adjustments as needed. The format should be clear and easy to follow.

The use of cycle menus is encouraged to allow for ease in planning and effective purchasing. These cycle menus should be reviewed on a regular basis, since conditions affecting the meal preparation may change. A less popular, more costly, and labor intensive menu should be revised, deleted, replaced, or scheduled on a less frequent basis. We also encourage the use of seasonal menu cycles to provide increased variety and to take advantage of local seasonal fruits and vegetables.

A Menu Checklist

Use this checklist as a reminder when planning menus. Remember that menus must meet the CACFP meal requirements in order to be reimbursed for those meals or snacks.

- ☐ Prepare each type of food in different ways. For instance, instead of always serving mashed potatoes, try scalloped potatoes, oven baked potatoes, etc.
- ☐ Offer more fresh fruits or vegetables.
- ☐ Offer unusual fruits or vegetables such as kiwi, jicama, etc. Remember that participants may need more than one exposure to unusual fruits and vegetables.
- ☐ Serve special menus for holiday and theme days, or serve cultural or ethnic foods for a change.
- ☐ Serve foods with a variety of colors, textures, shapes, flavors, and food temperatures.
- ☐ If you are using cycle menus, review for change periodically. Use seasonal foods.
- ☐ Use foods in a variety of different ways. For instance, instead of always serving cheese cubes, try serving a cheese dip, or use cheese in cooking.
- ☐ Serve a variety of meat or meat alternates during the week. For example, during one week serve fish, dried beans, chicken, beef, and pork. Do not plan a menu with hamburger, meat loaf and sloppy Joes in the same week.
- ☐ Take advantage of the standardized recipes for your use in planning menus which both meet program requirements and have been tasted tested for acceptance by participants.
- ☐ Serve foods lower in salt.
- ☐ Serve foods lower in fat.
- ☐ Serve a variety of foods from the grain/ bread group.
- ☐ Enhance flavors with spices, herbs, or lemon juice instead of with salt or fat.

A Menu Checklist continued

- ☐ When serving canned or frozen fruit, use fruit packed in its own juice, light syrup or water rather than fruit packed in heavy syrup.
- ☐ Only serve dried fruits (such as raisins, prunes and apricots) occasionally since they tend to stick to children's teeth and can promote tooth decay. When you serve dried fruits consider offering something crunchy at the same time.
- ☐ Reduce the frequency of serving highly processed foods such as hot dogs and bologna, which are high in fat, salt and sugar.
- ☐ Bake, broil or steam foods instead of pan frying or deep frying them.
- ☐ Serve lean meats, trim visible fat, and drain grease from meat.
- ☐ Serve foods that are high in Vitamin A at least twice a week. Serve foods that are high in Vitamin C daily and serve foods that are high in iron daily or as often as you can. (See the chart Some Foods High in Vitamins A, Vitamin C, and Iron on pages 60-61.

Ways to Encourage Children to Have Positive Attitudes Toward Food

Have a positive attitude toward foods and the mealtime experience. Remember, a negative attitude expressed by adults and other children may influence children not to try that food.

When introducing a new food to children, serve a small amount of the new food along with more popular and familiar foods.

Include children in food activities to encourage them to try new foods and also to gain self confidence.

Serve finger foods such as meat or cheese cubes, vegetable sticks, or fruit chunks. Foods that are cut into smaller pieces are easier for children to handle.

Do not force a child to eat. Children often go through food jags. It is normal for a child to ask for second helpings of food one day and yet eat very lightly the next day.

Provide a comfortable atmosphere at mealtime. Mealtime is also a social activity, so allow children to talk with others.

Encourage children to eat food or new foods in a low key way. For instance, read a book about a new food that will be served that day and serve the new food at snack time when children are more hungry.

Expose children to new foods five or six times instead of only once or twice. The more exposure that children have to a food, the more familiar and comfortable it becomes, and the more likely it is that they will try the food.

Offer the new food first to a child who eats most foods. Children will often follow other children and try the food.

Have staff eat with the children. Have them eat the same foods that have been prepared for the children.

Present food attractively. Remember that we all make decisions to try or not to try food depending upon how food looks and smells.

Do not offer bribes or rewards for eating foods. This practice only reinforces the idea that certain foods are not desirable.

Foods should never be used as a punishment.

Some Foods High In Vitamin A and C

Vitamin A --Serve Foods High in Vitamin A at Least Twice a Week

Vegetables

Broccoli
Carrots
Chard
Collards
Kale
Mustard Greens
Peas and Carrots
Pepper, Sweet, Red

Plantain, Green or Ripe, Boiled
Pumpkin
Spinach
Squash, Winter
Sweet Potatoes
Tomatoes
Tomato Juice, Paste, or Puree
Turnip Greens
Vegetable Juice

Fruits

Apricots
Canned Plums, Purple
Cantaloupe
Mango
Melon Balls (Includes Honey Dew)
Nectarines
Watermelon

Other:

Liver
Mackerel, Canned
Oatmeal, Instant, Fortified
Ready to Eat Cereals, Fortified
Whole Milk and Its Products

Vitamin C --Serve Foods High in Vitamin C Daily

Vegetables

Asparagus
Bean Sprouts
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Chard
Collards
Green and Yellow Peas
Kale
Lima Beans
Kohlrabi
Mustard greens
Okra
Onion, Spring
Parsnips
Peppers, Sweet

Vegetables Cont.

Pumpkin
Radishes
Rutabagas
Snow Peas
Spinach
Squash, Summer
Squash, Winter
Sweet Potatoes
Tomatoes
Tomato Juice
Turnip Greens
Turnips

Fruits

Apples
Apple Juice
Banana
Blackberries
Blueberries
Cantaloupe
Grapefruit
Grapefruit Juice
Grape Juice
Honeydew melon
Kiwi
Mandarin Oranges
Oranges
Orange Juice
Nectarines
Papaya
Peaches

Fruits Cont.

Plums
Pomegranates
Raspberries
Strawberries
Tangelos
Tangerines
Watermelons

OTHER

Liver
Clams
Mussels

Vegetables

Plantain, Green or Ripe
Boiled
Poke Greens
Potatoes, White

Vegetables Cont.**Fruits**

Pears

Pineapple
Pineapple Juice

Fruits Cont.

Serve Foods That Are Good Sources of Iron Daily.

Vegetables

Lima Beans
Spinach

Fruits

Apricots (Canned)

Bread/ Bread Alternates

Bagel Plain, Pumpernickel or Whole
Wheat
Farina
Muffin, Bran
Noodles
Cooked Oatmeal, Instant, Fortified
Pita Bread, Plain or Whole Wheat
Pretzels, Soft
Rice, White, Regular or Converted

Meat/Meat Alternates

Beef
Chicken
Clams
Lentils
Mackerel
Mussels
Oysters
Dried Beans and Peas
Meat in General, especially Liver and other
Organ Meats
Peanut Butter
Shellfish
Soybeans
Turkey
Tuna

Safety and Sanitation Tips

The area of food technology is expanding. New products require that providers continue to examine potential safety and sanitation concerns. This page stresses some safety and sanitation issues which have received recent media attention. For in-depth training regarding safety and sanitation concerns, contact either the State Agency or Regional office. A number of excellent training resources are available.

Do not serve foods made with raw eggs, nor allow children to eat raw batters; such products are at risk for bacterial contamination.

Wash all produce with running water—even food in bags marked pre-washed. Such a label does not guarantee that the produce is free of bacteria or microscopic parasites.

Rinse fruits such as melons and oranges just before cutting them. This prevents bacteria from spreading from the surface to the inside.

Remove stems which collect dirt.

Discard broken fruit.

Keep cut fruit refrigerated. Bacteria multiply rapidly at room temperature.

Take care that food does not remain un-refrigerated for extended periods of time – for example in the kitchen, at a barbecue or picnic, or on a salad bar.

Wash utensils and surfaces that have touched raw meat or poultry with dishwashing soap and hot water to avoid contaminating other food. Do not use the same platters and/or utensils for uncooked and cooked meat or poultry dishes. Follow local or State health codes regarding sanitation procedures.

Hamburgers and poultry should be completely cooked so that the interior has no pink coloration and juices are clear. **Follow local or State health codes regarding interior temperatures.** Take appropriate safety and sanitation procedures with thermometers to avoid contamination of other foods.

Do not use left-over marinades to baste meats. Prepare and reserve a separate batch to baste. Do not reuse marinades.

Wash your hands before preparing food and see that participants wash their hands before eating. Change plastic gloves in those circumstances when you would wash your hands. Plastic gloves can become contaminated.

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